





## Counting turtles



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what paper to [elinscott@turley.com](mailto:elinscott@turley.com).

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### TURLEY COUNTING

Juliannah Greaney of Monson correctly counted 11 turtles in the April 16 Journal Register.

### CORRECTION

Information in an April 16 story about possibly extending the deadline for Monson Town Election nominations was incorrect; according to the Town Clerk, the deadline cannot be extended.

## Monson: Public notices on water and sewer bills, taxes

Water and Sewer Bills for usage period January through March 2020 are being mailed from the office of Monson Town Collector, Dorothy Jenkins. These bills will be due and payable on Monday, June 1, 2020.

Questions on usage should be directed to the Water/Sewer Department at 413-267-4130. Questions on payments or payment arrangements should be directed to the Collector's Office at 413-267-4100, Ext. 6.

In dealing with the impact of COVID-19 on Local Government's Financial Health and wellbeing, the Monson Board of Selectmen at their meeting of Tuesday, April 14, 2020 voted unanimously to extend the due dates on Real Estate and Personal Property Tax payments and applications for exemptions, as outlined in Chapter 53 of the Acts of 2020, Sections 10 and 11, until June 1, 2020. The Board also voted to waive interest and other penalty for late payment of any excise, tax, betterment assessment or apportionment, including water rate or annual sewer use, trash collection or other charge added to a tax for any payments with a due date on or after March 10, 2020 where payment is made late but paid on June 29, 2020. This waiver of interest does not apply to bills with due dates before March 10, 2020 or if the bill is not paid by June 29, 2020.

For further clarification regarding the adoption of these local options, please do not hesitate contact the offices of either the Monson Board of Assessor at 413-267-4100, Ext. 7 or the Office of the Monson Town Collector at 413-267-4100, Ext. 6.

### Monson Garden Club cancels plant sale

The Monson Garden Club Plant Sale scheduled for this spring has been cancelled in light of the coronavirus issue and the need to practice safe social distancing, Carol Strum, Publicity for the Monson Garden Club announced this week.

### Palmer American Legion Membership Dinner canceled

In lieu of the current coronavirus pandemic mandates, The American Legion, Palmer Post 130 regretfully had to cancel their upcoming Membership Dinner scheduled for April 26 at the AmVets location in Three Rivers. A reschedule will be determined at a later date. Please stay healthy and thank you. Sincerely, Palmer Post 130.

## NBSB hires John Thomasian as vice president, CFO and treasurer

NORTH BROOKFIELD — North Brookfield Savings Bank is pleased to announce the hire of John Thomasian as vice president/ chief financial officer and treasurer. He joins the bank's senior management team.

"We are so pleased to welcome John to North Brookfield Savings Bank and to have him as a part of our team," said North Brookfield Savings Bank President and CEO Donna Boulanger. "With his strong financial background and local community roots we know his insight and contribution will benefit our customers, communities, and the bank."

In his role at NBSB, Thomasian will be responsible for providing financial management and direction to the bank's operation and for all aspects of the bank's finances, including oversight of the budget, the investment portfolio and the internal and external financial reporting. Furthermore, he will manage the accounting department in addition to working with senior

management to uphold the bank's mission.

Thomasian, of New Braintree, most recently served as vice president of revenue for Webster First Credit Union where he also served as assistant vice president of finance & collections, and as a finance analyst. Prior to that he held positions at Worcester Police Department Credit Union and Sovereign Bank. In total he brings more than 13 years of accounting and banking experience to North Brookfield Savings Bank.

Thomasian earned a bachelor of science in business administration through Nichols College, with a major in finance and a minor in accounting. He has also completed EasCorp's Advanced Asset Liability Management & Investment Academy.

Thomasian is an active participant in the community, volunteering as a coach for Quabbin



John Thomasian

Youth Basketball, as well as participating in the annual side-by-side charity for disabled veterans by Operations Playhouse, co-sponsored by Habitat for Humanity. He has also previously served as a committee member of the National Association of Federal Credit Unions Political Action Committee.

"I am excited to join my hometown bank. I grew up in North Brookfield and opened my first savings account with North Brookfield Savings Bank. The saying 'there is no place like home' has never rang truer for me than it does now," said Thomasian. "I look forward to being able to help guide the bank's financial operations into the future so we can continue to support our communities as well as work collaboratively alongside our staff to provide our customers with the best products and services."

### ALLIANCE ■ from page 1

not going to drive backwards to Springfield and take a train home when you can go right from Palmer to Amherst. There are many values in getting many stops — potentially four or five stops in each direction a day — in Palmer."

Down the line, the alliance will also be placing identifiers in

three or four key intersections in town, Wisniewski added.

Business owners interested in purchasing an identifier can contact Wisniewski at (413) 283-6561; John Sasur at (413) 374-3413; Bob Haveles at (413) 896-0550; or Marc Graveline at (413) 531-9761.

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### RESTAURANTS ■ from page 1

up so they are standing up straight to that people can grab them easily without potentially contamination pens. Once they have been used, they are placed in another jar to ensure they are not immediately used right after and have a chance to be disinfected.

They have also placed X's six feet apart inside the restaurant to make sure social distancing is done correctly. They have also placed a table in front of their takeout counter, to create some space from the worker and customers. The food when ready is placed close to the customer to ensure that they don't have to reach too far. Gamache said they also wipe down their doors and soda coolers frequently.

"We're still operating under our normal circumstances as best we can and we're trying to be as clean and efficient as possible," said Gamache. For more information, call 413-289-9939, or visit <https://www.apollo1restaurant.com/>

Main Street Tavern, located on 218 Main St., Monson which offers homemade pasta, tavern original pizza, burgers, sandwiches and more, is another restaurant open for business.

Now, manager Kim Gahres said that they are only offering takeout, and have beer and wine that they can sell. She also said that they have been donating food to local healthcare workers.

For safety reasons, customers also can-do roadside pickup, which allows them to stay in their vehicle and pay for their meals over the phone or with cash. As far as busi-



Turley Publications staff photos by Jonah Snowden  
Main Street Tavern, located on 218 Main St., Monson.

ness goes, Gahres said that she thinks this pandemic has not had an affect the tavern since it's only takeout, but other businesses as well "tremendously." For more information, call 413-893-9078, or visit <https://beths-family-dining.business.site/>.

Beth's Family Dining, located on 107 Main St., Monson is also still in business and is only doing takeout orders for the time being. Owner Beth Brown said that there has been an increase in takeout. Regarding cleanliness, she said that her and other staff are wearing gloves, while keeping the work environment clean. "We clean all day, that's all we do when we don't have customers," said Brown.

For more information, visit call 413-267-9641, or call <https://beths-family-dining.business.site/>.

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### DEADLINE

The Journal Register has changed its firm deadline for public submissions to Mondays. To get your submission in for that week's edition, email Editor at [bcoult@turley.com](mailto:bcoult@turley.com) or call the office at 413-283-8393 by noon on Mondays. We appreciate the cooperation of our readers.

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### Corrections

The Journal Register will gladly correct factual errors that appear in this paper. Corrections or clarifications will always appear on Page 2 or 3. To request a correction, send information to Editor at [bcoult@turley.com](mailto:bcoult@turley.com), or call 283-8393, extension 236. Corrections may also be requested in writing at: Journal Register, Attn: Editor 24 Water St., Palmer, MA, 01069.

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*The Journal Register*  
**OBITUARY POLICY**

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

*Exceptions will be made only when the family provides a death certificate and must be pre-paid.*

## VIRTUAL I from page 1

sources for that can help children and their families put together their very own Virtual Field Trip.

The first item in a March 25 newsletter was an article titled "It's Time for a Virtual Field Trip," and introduces the idea that there are endless opportunities for virtual travel while being in the comfort one's own home. In the article, there's a list of webcams around the world, museums, historical sites, wildlife, and more that are available in just a few clicks.

For example, if anyone is interested in taking a virtual tour of the Statue of Liberty, Ellis Island, and the Pyramids of Egypt, they can do so by scrolling down to the section of the article titled "Historical Sites & Landmarks," clicking on the links of where they want to go, and they'll be brought to the respective website.

Another article in the newsletter was titled "If Ever There was a Time for Virtual Travel," written by Renna.

In this article, Renna offers a variety of different travel-based activities to do at home. One example is "Crafting Cultural Curiosity," which involves visiting the website Pinterest and search for projects while using key phrases like "around the world crafts," or "global art projects."

In the article, Renna also featured a link to a Travelnitch article titled "A Taste of Travel," which gives other's different ideas of dishes to cook from other countries, such as Pho, which comes from Vietnam. To view the article, and learn of the other activities Renna is providing, visit <https://medium.com/travelnitch>.

In the email was also a link to pre-order Renna's book "Traveling the World with Mom," which was also illustrated by Leah Gray Heyes, and another link to an article she wrote about her journey through Oregon.

Renna said while there is no substitute for being able to see, hear, and experience a new place, when faced with circumstances such as the COVID-19 pandemic, "technology can still keep us connected to a world of adventure."

To access the article titled "It's time for a Virtual Field Trip," pre-order Renna's book, learn about her time in Oregon, and more, about Travelnitch, visit <https://travelnitch.pub/>.

## SCHOOLS I from page 1

ensure those students don't fall through the cracks.

"We are diligently checking in with any student K-12 who has not accessed the curriculum," Gardner said.

The committee also discussed an upcoming trip to Washington D.C. for eighth graders in May, which parents have already paid for. Options included continuing with the trip, scheduled for May 27 - 29, rescheduling or canceling the trip altogether. Canceling the trip would have resulted in most of the money being refunded to parents except for \$80.

"I would like to see if there's an option to combine it with next year's trip; \$80 is a lot for parents right now," said School Committee chair Lisa Murray. "If we can do anything to save this trip for those students and save the money for the parents so they're not out \$80, we could make a bigger trip next year."

School Committee member Sandra Noonan said she thought the most viable option for the trip is to wait until next May rather than trying to plan it for September or July.

In closing, Murray said she hopes everyone continues "to stay well and stay safe."

"This crisis will pass; we'll return to a new normal," Murray said. "We must continue to make the best next decision to keep the district moving forward."

Committee member Bonny Rathbone asked parents to "please communicate with teachers and administration if you need help."

"The schools do a tremendous job with administration and leadership with standing up very quickly" and promoting positivity, said member Charles Baker. "A positive attitude is sometimes just what you need to get you through the day."

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# Quabbin Wire & Cable keeps working on parts for ventilators, portable hospitals

WARE — As the world navigates through the Covid-19 pandemic, Quabbin Wire & Cable Co. Inc., located in Ware, remains open as an essential business. The local manufacturer, which employs approximately 100 employees with about 25 percent from Palmer, manufactures products that are currently in high demand in the medical field and military operations.

With a diverse product line that focuses on electronic communication cables, the company produces and stocks a wide variety of cables for many applications. Because many of its products are sold through distributors, Quabbin may not know what a specific cable is used for.

Mike LaPlaca, vice president of sales, said, "We are starting to uncover many of the applications that our cables are being utilized for. Some of the cables in high demand are used in hospital beds, ventilators and portable hospitals that are being erected. The cables for the portable hospitals are most likely being used for data transmissions within a hospital's network."

Through various sales channels, LaPlaca has been informed that the demand for these cables is ramping up. "We have increased our manufacturing runs of these products to accommodate the demand beyond our current available stock. In the past week alone, a couple of our customers have reached out requesting additional footage of cable specifically for ventilators."

Although some production



Turley Publications courtesy photos

**A Quabbin Wire & Cable employee keeps the manufacturing process of cables for ventilators, among other products, humming.**

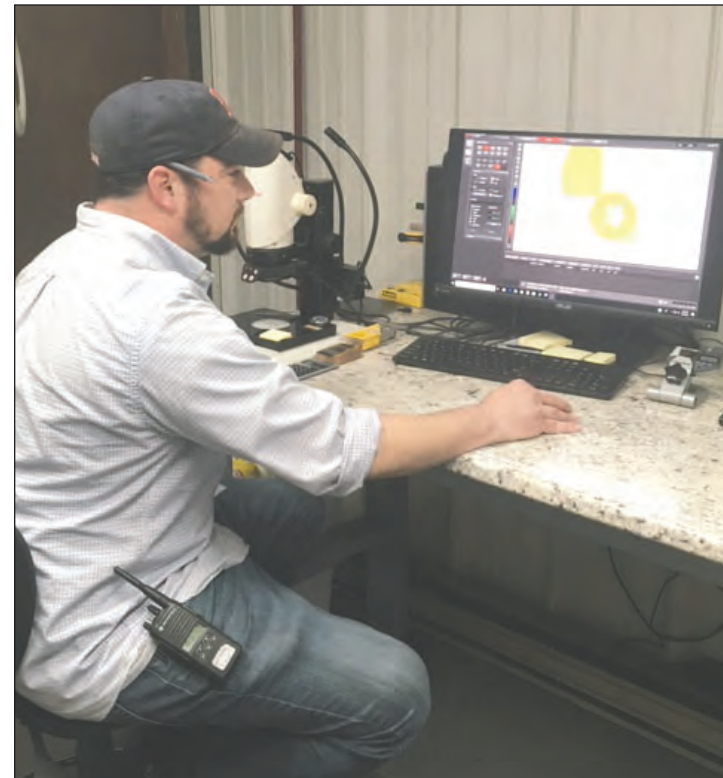
runs are increasing, Melissa Delargy, chief operations officer, said, "We're not currently increasing our capacity but rather maintaining our manufacturing and inventory levels to meet demands. We have hired some additional employees, and others have been flexible in helping out to insure coverage of critical positions."

The company, a veteran-owned small business, partners with U.S. suppliers for materials required to make their cables. A truly American-made product through and through, Delargy said, "We were proactive in forecasting some of the needs, and we have increased raw material inventories which has helped insure we have the materials we need during this critical production time." Foreseeing needs helps during these uncertain times as this pandemic

can disrupt supply chains at any time.

The health and safety of Quabbin's employees are a top priority, so the company acted quickly on CDC and OSHA guidance to prepare the workplace and educate employees about necessary control measures.

Jack Sullivan, assistant maintenance supervisor and a 32-year Quabbin employee, said "It's an honor to be part of the essential team at Quabbin Wire. During this pandemic, we all need to do our part to help in any way possible — from social distancing, hand washing, cleaning and disinfecting." Sullivan also acknowledged that he knows many people in different industries and trades that are now laid off with no known recall date. "I feel lucky to have a steady income and am proud



**Quabbin Wire & Cable Co. Inc., located in Ware, remains open as an essential business making cables for ventilators among other products. About 25 percent of its workforce resides in Palmer.**

to be part of a company that can help keep the economy going," he said. "With a great team effort, we will make it through this."

As the company marks its 45th year in business, Paul Engel, owner and president, said "We have endured difficult challenges in the past, but this is the first time we've had to navigate a health crisis that is impacting the world. We, as a company, can be proud of the product we make knowing it is making a difference in getting

the medical field what it needs now."

He also attributes the well-being of the company moving forward to its employees. "I have faith in the Quabbin Wire team and all that we can do together; the dedication and teamwork are greatly appreciated," he said. "As always, our commitment is to provide safe working conditions for our employees and excellent products and services to our customers at a time when they are needed most."

## HCC EMT training program starts June 22

WARE — Holyoke Community College, in collaboration with the Quabog Valley Community Development Corporation and Star of Life Academy Inc., is offering EMT training through the E2E: Quabog Region Workforce Training and Community College Center at 79 Main St., beginning June 22.

The Emergency Medical Technician Basic Course, accredited by the Mass. Dept. of Public Health's office of emergency medical services, will meet Mondays, Wednesdays and Fridays, 6 to 9:30 p.m. and on select Saturdays from 9 a.m. to 3 p.m. from June 22 to Sept. 2.

Due to the ongoing COVID-19 outbreak, some of the classes may be conducted in live, remote sessions instead of face-to-face.

The 13-week program consists of more than 170 hours of in-class lectures

and additional online study, training, field trips and workshops designed to prepare students for the state EMT certification exam. The course covers all aspects of emergency care including patient handling, extrication, and communication, working with law enforcement, legal issues, ethics, medical equipment, and safe transportation of patients.

Instruction will be provided by staff from Star of Life Academy who have more than 30 years combined field experience in fire and emergency medical services.

Enrollment is limited so please register as soon as possible.

The course fee is \$1,099 plus \$225 for texts.

For more information or to register, please contact Valentyna Semryog at 413-552-2123 or [vsemryog@hcc.edu](mailto:vsemryog@hcc.edu).



Turley Publications courtesy photo

**HCC EMT students taking part in an emergency practice drill last November.**

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# Viewpoints

## Be bear aware this spring

Though it's beginning to look like our shared community life will never emerge from its coronavirus hibernation, spring is definitely in the air — and the bears are waking up.

Soon, flowers will be in full bloom and temperatures will climb above 60 degrees (and stay there). Just as the rising temperatures and blossoming woods inspire folks to get outside, another group of mammals will also be walking around: the black bear.

While bears may be intimidating and strike fear in the minds of many people, bears and people often peacefully coexist with little to no contact. In some instances, they cause property damage to gardens and bird feeders as they search for a quick meal. In most, the bear comes away with a bad reputation or with a bounty on its head.

According to the Massachusetts Division of Fisheries and Wildlife, there are at least 4,500 black bears statewide. Those bears are now active and in search of food. To avoid property damage or the possible killing of a bear, MassWildlife encourages folks to remove bird feeders, garbage and compost from outside their homes, and to properly secure chickens, beehives and any livestock.

Perhaps their most important piece of advice is to “keep bears wild,” never feeding the animals intentionally or even unintentionally by leaving pet dishes or other food sources outdoors. Officials say most nuisance situations can be avoided by removing food or modifying human behavior.

Rather than using bird feeders, officials suggest planting native plants and adding water features, which may help to increase the attractiveness to birds while reducing the unnatural feeding of bears and other potential nuisance animals.

When composting, folks should avoid adding meat, oily and sweet-smelling or -tasting materials. Such products attract bears and other animals. Garbage, MassWildlife says, should be placed outside just prior to pickup and stored in closed containers in a garage or outbuilding.

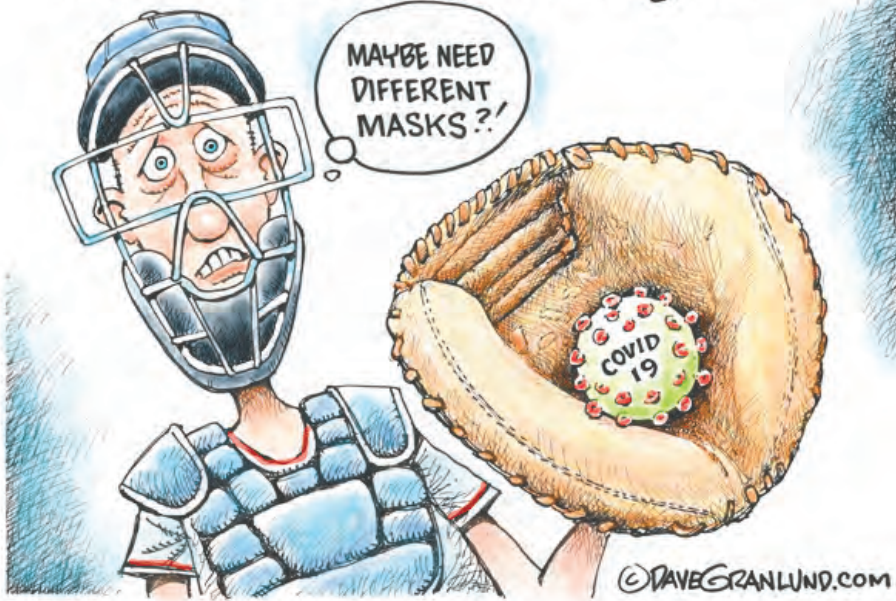
Even when cubs are present, officials remind folks it is uncommon for a bear to attack. Mother bears often send their cubs up trees to avoid danger and won't let them down until the threat is gone. If an encounter with any bear occurs, people should calmly back away and avoid running, talking calmly.

In the rare circumstances when a black bear may show aggressive behavior, folks should stand their ground and fight back if necessary. Make noise, wave arms or branches and look bigger than the bear.

More information about living with bears may be found online at [mass.gov/bears](http://mass.gov/bears).

While bears may be intimidating, their presence is often a natural occurrence. By being proactive and being aware of our own behavior, we can keep it that way.

## MLB hopes to play in May...



## Greens you can grow now

With more time spent at home I am itching to get into the garden, but with temperatures below freezing at night and daytime just topping off in the forties last week what on earth can I possibly plant? Greens!

Spinach (*Spinacia oleracea*) is a cool weather crop. Seeds can be sown early, as soon as the ground can be worked. Germination can occur in soils as cold as 45 degrees. Don't worry about chilly morning temperatures hurting young seedlings; spinach will tolerate a light frost. Bolting, or seed-setting, occurs naturally as day lengths reach 14 to 16 hours of light per day.

When the plant begins to bolt more energy is spent on flowering and seed production than on leaf making. Leaves become smaller and are usually bitter in taste. I remove the plants from the garden at this point and sow something else in their place. Many people have good luck planting spinach seeds again in July or August for a fall harvest. Still others sow seeds even later in the season, hoping that with a little protection the plants may overwinter and grow like gangbusters in the cool weather of the following spring.

I harvested my spinach (a variety advertised as “slow to bolt”) only two or three times before it began to set seed. For just a couple of meals the effort was hardly worthwhile. Over the last few years, however, I have been experimenting with a variety of so-called spinach substitutes, and so far am delighted by their taste and durability.

The first is New Zealand spinach (*Tetragonia*). Although its name may imply otherwise, this is not a true spinach. Fresh cut it doesn't taste or look like spinach either, but when cooked it will fill in for Popeye's favorite with no questions asked. The beauty of this sprawling plant is in its productivity; just a few plants will produce enough leaves to feed an entire fam-

ily. Hard, nut-like seeds may take awhile to germinate. I have found that soaking them in warm water for a few hours prior to sowing will soften the seed coat and quicken the process. New Zealand spinach will likely go to seed late in summer. Let a few seeds drop and with any luck some will sprout in place come spring time. Be forewarned, this plant is not frost hardy. To get a head start I sowed my seeds in six-packs and will plant the seedlings outside when the danger of frost has passed.

Swiss chard is one of my favorite greens; it's not exactly like spinach but it can be used similarly. So far I have made two sowings. I tried one extra early, on April 6, and another just today. The first sowing hasn't sprouted yet, and I am curious if the seeds will sit until the weather warms and then I'll have two crops exactly the same time or if one will take the lead. You can either cut the leaves when tiny for use in salads or thin the plants and let the leaves grow large where they can be cooked up in a quick stir fry with other veggies. If you are someone who likes making your own green drinks, try juicing a few leaves with an apple

and carrots for a healthy alternative to sugary drinks. Chard is a relative to beets. The leaves are very similar. If you want only a few greens, grow beets and harvest some leaves and some roots.

We may not be able to plant our tomatoes or peppers yet, but we can certainly get our hands dirty by planting some spinach, Swiss chard or even beets, right now!

*Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to [ekenedy@turley.com](mailto:ekenedy@turley.com) with “Gardening Question” in the subject line.*

### IN THE GARDEN



Roberta McQuaid  
Columnist

## Letters to the Editor

## Thank you Three Rivers Fire Department

I would like to send my sincere thanks to Chief Scott Turner, members of the Three Rivers Fire Department, family and friends who gathered on Friday, April 17, 2020 to form a welcome home parade for my cousin, David Brozek.

After suffering a massive heart attack in February, David spent over nine weeks in Baystate Medical Center, Tufts Medical Center, and Encompass Health rehabilitation hospital. Although initially he was able to have visitors, that was at a time he was mostly under sedation with machines pumping his heart and helping him breathe. Since Covid-19 concerns began, of course he was not allowed any visitors for the majority of his hospitalization and surely cannot have visitors for a while now that he is home.

After seeing videos of the Three Rivers Fire Department doing some local celebrations for children's birthdays, I reached out to Chief Turner who has been a friend since elementary school. Scott and I grew up in the same street just a few houses from one another and rode the school bus together! He was more than willing to have the department set up a drive by for my cousin.

Uncertain if there would be any delays on the day of his discharge from rehab, I opted to wait until David was settled in at home. Once Chief Turner let me know the availability of the fire department, I sent out some messages to relatives and friends during my lunch break while working from home. David's sister, Carolyn Baldyga, suggested they all meet and follow the firetrucks to form a parade. It all came together quickly and was such a great way to celebrate my cousin during this time of social distancing and quarantine.

Over twenty cars joined and drove by as David watched and waved to everyone! The sirens blared and it was a celebration he will not soon forget. Friends who live on the same street even greeted the cars as they drove by, waving the American flag! David texted me soon after, thanking me for my efforts and telling me he “felt like a celebrity”.

I could only wish to have been there but since there is a travel ban in place, that was not possible. Fortunately, David's niece recorded the parade so other relatives and friends who were unable to participate could still see the celebration!

Thank you Chief Turner and your crew, relatives and friends who came together so quickly for something so unique and wonderful! There are amazing things that can be accomplished in a small town with good hearted people.

Wishing you all good health and safety.

**Carol Brozek**  
Columbia, Maryland

## Surviving, senior style

First of all, we all have to remember we are in this together.

Best thing to do is when you're feeling low about being in a quarantine is to remember no matter what there is somebody worse off.

Keeping upbeat is very important. I cope by listening to upbeat music and dancing around the house (of course closing the blinds first) and even dance with the dust rag and mop in my hand. I call friends and say, “Good day, just one elderly check on another,” one friend told me that really made her day. One of my dear friends and I were on the phone a week ago and we were comparing what our excitement was that day. She came to the conclusion I had “one up-ed” her because I got to walk to the tree belt with the trash barrels.

Of course, I miss hugging my beautiful daughter Alicia, son-in-law Bill and my much adored grandlads Riley, Matthew and A.J. But I know that this will happen again and hopefully sooner than later.

I miss socializing with my friends as I'm sure all of you do too. This will happen again soon.

I am a firm believer in supporting small business and when this is lifted, I have a bunch of things I'll purchase from the small business.

Hang in there people, as I said we are all in this together. Count your blessing each and every day, pray for your family and friends who are really in a struggle and most of all find something to laugh about.

**Beverly Sierodzinski**  
Palmer, Mass.

## Election letters to the editor welcome

The *Journal Register* welcomes readers to participate in this year's election campaigns by writing letters to the editor for publication on these pages. Letters of up to 250 words from local residents endorsing candidates on the ballot or discussing campaign issues should be sent to The Journal Register, care of Turley Publications, 24 Water St., Palmer, MA 01069, faxed to 413-289-1977 or emailed to [dfarmer@turley.com](mailto:dfarmer@turley.com). Please include a daytime telephone number for verification purposes (it will not be printed). Letters must be received by noon Monday to be considered for that Thursday's newspaper. No attack letters will be printed. No letters written by candidates supporting their own candidacy will be printed. If the volume of letters received is larger than the space available in the newspaper, or if the letters become repetitive, the newspaper reserves the right to print a representative sample. No endorsement letters will be printed in the last edition before the election.

For more information, call editor Douglas Farmer at 413-283-8393.

### Campaign news

As part of its election coverage, the newspaper plans to print stories about contested races for Congress, state Senate, state House, district attorney and Governor's Council during the weeks leading up to the election, as well as a question-and-answer voters guide. In order to ensure fairness to all candidates, no political press releases will be printed, nor will reporters cover political rallies or fundraisers.

Candidates who wish to further publicize their candidacy, beliefs and events may contact Lisa Marulli, 413-283-8393 or [lmurulli@turley.com](mailto:lmurulli@turley.com), about paid advertising in The Journal Register.



## Letters to the editor policy

Letters to the editor should be 250 words or less in length, and guest columns between 500-800 words. No unsigned or anonymous opinions will be published. We require that the person submitting the opinion also include his or her town of residence and home telephone number. We must confirm authorship prior to publication. We reserve the right to edit or withhold any submissions deemed to be libelous, unsubstantiated allegations, personal attacks, or defamation of character.

Please send opinions to:  
**The Journal Register  
Letter to the Editor  
24 Water St.,  
Palmer MA 01069,**  
or by e-mail to:  
**[dfarmer@turley.com](mailto:dfarmer@turley.com)**

The submission deadline for consideration is Monday at noon.

## The Journal Register

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# What makes a successful politician?

**By Lee H. Hamilton**  
Guest columnist

One of the intriguing features of the coronavirus pandemic is how sharply it has illuminated the importance of effective political leadership. Wherever we stand on the political spectrum, we're looking to elected officials to help steer us through this crisis.

While I don't want to talk about specific politicians, a lifetime in politics has given me a sense of what makes a good one — as a policy maker, that is, rather than a candidate. One of the ironies of our system is that the skills and attributes that put someone in office are usually not the skills needed for success once they're there. Yet as a nation we depend on politicians' abilities in office to move us forward.

For starters, I think the most successful politicians have integrity. When you're interacting with many others to deal with complex and difficult public policy issues, it's hugely important that you can trust someone's word. Most of the politicians I've met stay true to what they tell you. They recognize the need to work with others and know that trust matters.

For the same reason, they tend to be skillful at working with all sorts of people. Sizing others up accurately — not just whether they're trustworthy, but the skills and strengths they might bring to a given policy or organizing effort — is vital. So is not rushing to make quick judgments, but instead letting others show through their actions what they can accom-

plish. Many good politicians are quite tolerant — they know people make mistakes or errors of judgment, and that nobody has a monopoly on the truth or performs flawlessly.

The best politicians I've met — Bill Clinton comes to mind — also have a way of charming people who don't agree with them. I was in a room once with Clinton and a group of people whom he knew disliked him. He was affable, engaging, listened carefully to what they had to say; you would never have guessed he had any idea what they thought of him. Walking out with them afterward, I asked what they thought. They all responded, “I still have disagreements with him, but what a nice fellow!”

I've been impressed over the years by the energy and drive to get things done that good politicians bring to their work. When I talk with people who want to get into politics, I usually open the conversation with two questions: What's your energy level? And what's your spouse or partner think about it? Both are critically important, because as all-consuming as a campaign might be, serving in office is even more so, especially if you're a politician who wants to accomplish change. An unsupportive spouse or partner spells problems down the road.

At the same time, accomplished politicians know how to rein in their enthusiasm and zeal. They practice patience and perseverance and prepare for the long haul, because they understand that controversial things don't get easily done in our system. They believe that

facts matter, because they're the starting point for any productive negotiation. And they're very good at managing their time efficiently.

Good politicians are able to put aside partisan differences when necessary and work for the common good. They do not see someone they disagree with as the enemy.

One of the intriguing things about good politicians is that they don't just want to serve their country and communities, they also know how to check their egos at the door and act with apparent humility — even when, as is often the case, their egos are quite healthy. I remember when Tip O'Neill was speaker of the House, he'd make sure to let other House members bask in the glow of accomplishment as often as possible. When legislation passed, he'd congratulate everybody involved — he knew what each of us had done to move the ball forward — and you'd walk out of there thinking he'd had nothing to do with it at all, even if he'd orchestrated the whole thing.

I'll be candid: No politician combines all these traits. But it can't hurt to keep the ideal in front of us and know what the politicians we elect should strive to be.

Lee Hamilton is a senior advisor for the Indiana University Center on Representative Government; a Distinguished Scholar at the IU Hamilton Lugar School of Global and International Studies; and a Professor of Practice at the IU O'Neill School of Public and Environmental Affairs. He was a member of the U.S. House of Representatives for 34 years.

## SOCIAL SECURITY MATTERS

# Why are our Medicare premiums different?

**By Russell Gloor**  
Guest columnist

**Dear Rusty:** What is the Medicare monthly payment based on? I pay \$139.60, my husband pays \$144.60, a friend pays \$136.60. I receive \$388 per month in Social Security, my husband receives \$1,200, and my friend receives \$1,000 per month. There seems to be no rhyme or reason

for the amount we pay. Signed: Curious to Know

**Dear Curious:** It may not seem so, but there is actually “rhyme or reason” to the amount of everyone's Medicare premium. I'll try to explain.

Each year Medicare determines a standard premium amount for Part B — coverage for doctors and other outpatient services. For 2020, the standard premium is \$144.60; last

year it was \$135.50. Higher earners may even pay more, as a supplemental amount is added to the base Part B premium if someone's income exceeds certain high clip levels set by Medicare. In short, those with high income pay a higher (than standard) Medicare premium. The rest of us pay the base \$144.60 amount, unless the “hold harmless” provision is in play.

The “hold harmless” provision is

a law passed by Congress to prevent Social Security benefit payments from decreasing as a result of an increase in the Medicare premium (most Medicare premiums are deducted from Social Security benefit payments). The disparity in premiums you refer to results from the hold harmless provision, which also permits all or part of a Social Security cost of living adjustment (COLA) to be applied to your

Medicare premium increase, instead of going to you.

Here's what can happen: If the Medicare premium goes up in any year, some (or all) of your annual Social Security COLA increase can be used to pay for your monthly Medicare premium increase. But, if the COLA increase to your Social Secu-





## Blue Star Equiculture offering compost

WEST BROOKFIELD – Local gardeners interested in enriching their soil while helping a local herd of horses are invited to fill their spring compost needs at Blue Star Equiculture.

Created with daily contributions from the herd retired and/or disabled working horses who call Blue Star Equiculture home, the aged compost is ready for sale by the bag or truckload. Compost is available in 50-lb. bags, priced at \$10. Larger quantities can be ordered to be delivered by the truckload, or delivered locally by horse-drawn wagon.

“This is the best way to restore the health of your soil while supporting your community’s retired, disabled and homeless working horses, especially during this COVID-19 crisis,” says Pamela Rickenbach, the former Philadelphia carriage driver who co-founded the Blue Star and serves as its director and president.

The certified non-profit draft horse rescue and organic farm operates solely on donations from individuals, and uses compost proceeds for expenses



of housing, feeding and caring for the herd of approximately 20 horses. After 11 years of rescuing, rehoming or providing a lifelong home for approximately 350 working horses, Blue Star planned to close last month due to a lack of donations and staff, but the COVID-19 crisis has delayed the final adoptions and related travel. The farm will now be closing in June.

Those interested in compost for their vegetable or flower gardens or for their lawns and fields can text 413-813-2000 or write [info@equiculture.org](mailto:info@equiculture.org). All transactions will be made at sanctioned social distance. Blue Star Equiculture is a tax-exempt 501(c)(3) organization.

# Volunteers reach out to veterans

By Eileen Kennedy  
Staff writer

BROOKFIELD – As COVID-19 began to circulate, The Brookfield Institute, which helps veterans and their families, decided to gather up its volunteers and reach out to veterans in case they were without necessities or a warm voice at the end of their phone line.

The mission of The Brookfield Institute is to prevent veteran suicide and bring increased well-being to veterans and their families through education and outreach. The overall goal, through their work, is to help veterans, their families and communities develop the skills and tools to build resilience.

“In this time of collective trauma, we’re very aware that everyone is under more stress and may have more anxiety,” said Brookfield Institute Executive Director Beverly Prestwood-Taylor. She said the situation can make people irritable, weepy and foggy-headed as they live with their anxiety or other issues made worse by today’s circumstances.

“This affects our brains and our thinking brains can shut down as a result,” she said. After deciding to check on veterans in the Ware-Palmer-Warren-Belchertown and Brookfields region, the Institute gathered up volunteers and began calling veterans to make sure they were all right and had everything they needed, she said.

“We’ve had a very positive response,” Prestwood-Taylor said. “They are incredibly happy that somebody out there cares and they know somebody wants to help them. We at the Brookfield Institute want to make sure that veterans know, as they say in the say in the service “somebody has their back.”

Sometimes it is something relatively minor like access to hand sanitizer and Clorox wipes, or it can be taking time to listening to how they feel if they choose to talk or providing a referral for counseling, she said.

In a couple of cases there has been food insecurity for veterans and their families, so making sure they had a more reliable source of food was important. She said there are food boxes brought to veterans in those situations.

Volunteers Patty and Paul Boynton, were two of the nine volunteers making the calls as a way to honor their son, Chris, who died while serving in the U.S. Army.

“It’s given them a sense of meaning,” she said of the Boyntons. “It allows them to help others, and it gives them solace to do something in Christopher’s memory.”

Another volunteer, Donna Dube, of Ware, said she was honored to make the calls after what the service has done for her son, Brandon Dube. Through the U.S. Army National Guard, following a year in Iraq, he discovered



Turley Publications file photo  
Brookfield Institute volunteers, Patty Boynton, left, and her husband, Paul Boynton, right, are flanking Brookfield Institute Executive Director Beverly Prestwood-Taylor at a tag sale held last fall to benefit the nonprofit that helps veterans and their families.

he wanted to be a doctor. But he decided to get there by first becoming a nurse, she said.

Her son received his bachelor’s and master’s degrees in nursing, and is about to graduate from a nursing anesthetist program at the University of Connecticut.

A Belchertown resident, he will finish up the program, although he himself was temporarily sidelined from studying recently after contracting COVID-19. He and his wife, a nurse practitioner, have had him recuperating at home in isolation in their finished basement, Dube said. He also did not have a severe case, mostly fatigue and body aches, she said. Once he passes his boards this summer he will join Baystate Medical Center in Springfield.

In Dube’s case, she and her husband, John, an Air Force veteran, enjoy volunteering at the Brookfield Institute, because of how much the service has given her son.

Dube herself is disabled with spine issues and enjoys reaching out to veterans to make sure they have what they need. She and her husband had a house fire in November, and were only able to return to their property this past week when a trailer was delivered.

“I’m lucky enough to be able to do this,” she said, of being able to make contact with veterans. She identifies with the veterans, some of whom already self-isolate due to their experiences in the military.

As she goes out only one day a week to do errands due to her back pain, she identifies

with some veterans need to be apart.

“I’m humbled though to take part in letting our veterans know how truly appreciated they are,” Dube said. They have appreciated her contact, she said, and “they have such a good capacity for humor.” She joked that there’s nothing wrong with her mouth, so calling to check on them is easy to do and she enjoys speaking with them.

Although it is important to make sure veterans have their needs met, the Institute’s overall goal is “to make sure veterans and their families not just survive but that they thrive during this crisis,” Prestwood-Taylor said.

Some of the training offered to veterans and their families is around being more resilient. The Institute is filming different speakers talking about resilience, and putting them on its website, [brookfieldinstitute.org](http://brookfieldinstitute.org), and will put them on the nonprofit’s Facebook page as well.

“We want to offer them the expertise to help them build resilience to face the trauma they have experienced and the stresses, and with all of the things that life brings,” Prestwood-Taylor said. “These are heartfelt expressions of advice from people who are experts in their areas.”

Anyone who knows a veteran who may need or want outreach should contact her at [Beverly@brookfieldinstitute.org](mailto:Beverly@brookfieldinstitute.org) with the veteran’s name and contact information.

# Teens, Tweens, and Quarantines

## A Virtual Parent Forum

Learn about the impact of COVID-19 on youth mental health and what parents can do to provide support. Discuss practical approaches to parenting, the signs of stress, anxiety, and depression, and how we can help our youth navigate home, family, friends, and school.

Presented by Jon Mattleman from Minding Your Mind with support from Kristal Cleaver, Director of Community Education from Clinical Support Options.

Tues., April 28  
4:00pm

Register at:  
[mindingyourmind.org/TTQ-SPIFFY](http://mindingyourmind.org/TTQ-SPIFFY)

Questions? Email:  
[hwarner@collaborative.org](mailto:hwarner@collaborative.org)



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South Hadley  
Drug & Alcohol  
Prevention Coalition





# Second Chance staff humbled by community support

EAST BROOKFIELD — Navigating the COVID-19 pandemic has been challenging for Second Chance, but community support for their vet hospital staff is helping to inspire a weary staff. From handmade masks to gifts of cookies carrying sweet thank you notes to all the messages of support on social media and email, the community has embraced Second Chance with encouragement unlike ever before. Just this week, Second Chance announced a donor has offered to match up to \$10,000 in donations to help provide emergency funding and has already received over \$4,600 toward the goal.

Support began to swirl in the early days of the crisis when volunteers, eager to help while safeguarding their own health, offered to make masks for staff as news of the mask shortage was breaking. Second Chance's Dr. Park was

busy on her time off, researching the best patterns and making masks from home. Second Chance shared Park's tutorial with volunteers who began dropping their handiwork off at the North Brookfield hospital.

Heather Trombly, owner of heathercraftylove.com, which sells custom pet accessories and regularly donates 10 percent of sales to Second Chance, also started making masks to help protect hospital staff. Trombly said making the masks for Second Chance was important to her. "I'm teaching my two young children to give. I'm teaching them that kindness comes first. That helping others in their time of need is essential" Trombly said. "I've loved animals since I was a little girl and my children love animals too. I just think what all of they do at Second Chance is amazing and this is my way of saying thank you." All the

mask donations allowed Second Chance to donate their own supply of disposable masks to local hospitals to protect human healthcare staff on the frontline of the pandemic.

Second Chance began restricting access to hospital buildings and staff started retrieving pets from parking lots and side-walks for appointments while pet owners attended exams virtually. Soon, surprises started popping up. The North Brookfield hospital staff were treated to cookies from the owner of a dog named Missy, along with a note of support. At the Springfield hospital, the phones have been ringing off the hook and staff have been touched by how grateful pet owners have been to have somewhere to turn for help for their pets.

In Worcester, Second Chance staff discovered homemade masks and a Dunkin's gift card tucked in-



Second Chance Animal Services Dr. Jackie Celmer with Missy, a patient. Second Chance employees are thankful for the support shown by Missy's owner, who brought in cookies for the staff.

side a patient's carrier along with a sweet note thanking them for stay-



Turley Publications courtesy photos Second Chance Animal Services vet tech Elizabeth Amato with a thank you sign for patients and supporters for their gifts of masks along with treats for the workers.

ing open to care for pets during the crisis. "From the earliest days of the COVID-19 outbreak, we began preparing contingencies to contin-

ue to be here for the pets that need help right now," said CEO Sheryl Blancato, who is heartened by the show of support. "I am touched by all the messages we've received on social media and email. So many people are trying to find ways to help others as their own lives have been upended by the pandemic. They inspire us and help renew our weary staff."

Blancato is hopeful the emergency matching gift fundraiser will help the nonprofit cover all the added costs that come with operating during the crisis. Those interested in donating can donate online through the special fundraiser on the Second Chance Facebook page or the secondchanceanimals.org homepage. Checks mailed to Second Chance, 111 Young Road, East Brookfield, MA 01515 with MATCH on the memo line will also be matched through April 30.

## Social distancing time-out!

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to poetry. Each number corresponds to a letter. (Hint: 6 = e)

**A. 16 21 6 3**  
Clue: Type of rhythmical writing

**B. 19 6 8 10 6**  
Clue: Writing with a metrical rhythm

**C. 26 21 8 12 10**  
Clue: Elements of speech

**D. 8 7 14 3 6**  
Clue: Correspondence of sounds

Answers: A. poem B. verse C. words D. rhyme

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to poetry.

E T E M H

Answer: Theme

Guess Who?

I am a professional wrestler and actor born in Massachusetts on April 23, 1977. I worked as a chauffeur while pursuing a career in bodybuilding. Although I'm not really a doctor, a previous nickname suggested I was.

Answer: John Cena

## horoscopes

### ARIES – Mar 21/Apr 20

Aries, reach out to someone who can help take some tasks off of your shoulders and help lighten your load. Realize you don't have to do everything yourself.

### TAURUS – Apr 21/May 21

Taurus, you might not be able to balance your budget this week, but you can still create a big picture analysis of where you want to be financially in the weeks ahead.

### GEMINI – May 22/Jun 21

Your confidence and power of persuasion are elevated this week, Gemini. Any self-doubt will disappear so you can focus on things you want to accomplish.

### CANCER – Jun 22/Jul 22

Cancer, you are erecting a protective shell around yourself. There doesn't seem to be any conflict on the horizon, so let your guard down and let others in.

### LEO – Jul 23/Aug 23

You have a strong magnetic force about you this week, Leo. If you are looking for love and romance, now may be the time to attract someone new or reignite a preexisting spark.

### VIRGO – Aug 24/Sept 22

Virgo, you may not have realized that you have been hibernating away, but it is time to greet the world again. Focus on invites to any and all social events.

### LIBRA – Sept 23/Oct 23

Libra, this is a good week to put into practice the "work smarter not harder" mantra. Figure out what needs to get done and then put the people best suited to the jobs on it.

### SCORPIO – Oct 24/Nov 22

It has been some time since you've let your hair down and had a good time, Scorpio. Push responsibilities aside for the time being and throw caution to the wind with friends.

### SAGITTARIUS – Nov 23/Dec 21

You may need to clear the air with someone close to you, Sagittarius. Try to figure out a good time to have a heart-to-heart discussion in the next few days.

### CAPRICORN – Dec 22/Jan 20

Focus on the people who lift your spirits, Capricorn. These people can help you get through tough times and reinspire the self-confidence that has made you such a success to date.

### AQUARIUS – Jan 21/Feb 18

The spotlight is on your finances, Aquarius. Looks for ways to grow your savings so you can achieve some of your goals. It may take a few months to see real progress.

### PISCES – Feb 19/Mar 20

It is time to update your brand, Pisces. That means reinventing yourself. Refresh your résumé and revamp your wardrobe.

WORDS & VERSE WORD SEARCH

WORDS

ALLITERATION  
ALLUSION  
ANAPEST  
ANAPHORA  
ASSONANCE  
CAESURA  
COUPLET  
EMPHASIS  
END  
ENJAMBMENT  
EPIGRAPH  
FOOT  
IAMB  
LINES  
METER  
METRICAL  
POETRY  
PUNCTUATION  
QUOTE  
REPEAT  
RHYME  
SYLLABLES  
VERSE  
WRITING

Find the words hidden vertically, horizontally, diagonally, and backwards.

			2	1		7	
		1		5	9	3	2
						9	1
7				6		1	5
		9	2	7			8
		8		4	5	7	
3	8				7		
	1		6				4
2		6		9			3

Happy spring

answers for the week of 4/15

6	3	9	2	8	7	5	4	1
4	5	7	3	9	1	8	6	2
1	2	8	6	4	5	9	3	7
2	8	6	7	1	3	4	5	9
9	1	3	5	6	4	7	2	8
7	4	5	9	2	8	3	1	6
5	6	2	4	7	9	1	8	3
8	7	4	1	3	6	2	9	5
3	9	1	8	5	2	6	7	4

ANSWERS WILL BE IN NEXT WEEKS PAPERS

FINANCIAL EDUCATION  
RESOURCES DURING COVID-19  
#KeepLearningAlive

Member FDIC | Member DIF

countrybank  
Learn more about remote learning resources at:  
www.countrybank.com/covid19

## MEDICARE | from page 4

ity benefit isn't big enough to cover the entire Medicare premium increase, your net benefit stays the same and your Medicare premium amount becomes whatever level your COLA increase brings it to (up to the base premium for that year). That means that your Medicare premium could be lower than the standard Medicare Part B premium for the year.

Since the dollar value of a COLA increase varies according to the size of your Social Security benefit, those with a higher benefit may receive a COLA increase which more than covers the Medicare premium increase and the remainder is given as additional Social Security benefit. But those with a lower benefit will get a smaller COLA, which may not be enough to cover the increase in the Medicare premium. In that event, the Social Security benefit stays the same and the COLA is used to bring the Medicare premium up to, or closer to, the base premium amount. If the COLA doesn't cover the entire Medicare premium increase, the premium stays at a lower-than-base number. And this recurs every year, which results in many people, especially those with a smaller Social Security benefit amount, paying a different (smaller than base) Medicare premium amount.

Here's an example: If your husband's Social Security benefit is \$1,200/month, he got a \$19.20 COLA increase for 2020 (1.6 percent). The Medicare premium for 2020 went up by \$9.10, which was taken from his COLA increase. The remaining \$10.10 of his COLA increase was added to his SS benefit amount.

If your benefit is \$388 your COLA increase was \$6.20 (1.6 percent). That \$6.20 COLA wasn't enough to cover the \$9.10 Medicare premium increase, but it was applied to your previous Medicare premium amount to bring you to a Medicare premium of \$139.60. Your net Social Security payment stayed the same because your current benefit cannot be used to pay for the rest of the premium increase. But \$5 of any COLA increase you get next year will go toward bringing you up to the base Medicare premium amount. While this may not fit your idea of "rhyme or reason" it is, nevertheless, based upon a well-intentioned "hold harmless" rule which protects your Social Security benefit from decreasing.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association. NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website (amacfoundation.org/programs/social-security-advisory) or email us at ssadvisor@amacfoundation.org.

Russell Gloor is a Social Security advisor for AMAC.

## LUNCH | from page 1

service, Palmer High School food service, van drivers and administrators including Gardner are all working together to make this program a success.

Babinski said that the process of executing this program includes having workers in the Palmer High School cafeteria make the meals and have two distribution teams out to deliver the meals.

To ensure that that the recipients remain safe, Babinski said that they take necessary steps such as practicing safely serving the food in the cafeteria, wiping down the distribution vans, disinfecting the serving tables every day and wearing gloves while distributing. While they are out distributing food, she said that she tries to have each team call in the and let the workers in the cafeteria know the families are appreciative.

Palmer Public Schools District has also collaborated with as Pathfinder Regional Vocational Technical High School who has donated perishable foods, milk, and baked cookies.

Babinski said they have been working closely with Food Share Inc. to get the message out to families, working with the state and the Department of Elementary and Secondary Education to prepare for the upcoming pandemic Electronic Benefit Transfer program, otherwise known as "Pandemic EBT (P-EBT)" to ensure those on free and reduced lunch are eligible for an EBT card, and more.

The distribution teams serve food in four different locations, consisting of:

Endelson Playground 121 Main St., Bondsville, from 9:30 a.m. to 10 a.m.

Converse Middle School, 24 Converse St., at ta the Rathbone St. Parking Lot from 9:30 a.m. to 10 a.m.

Hryniewicz Playground, Springfield Street, Three Rivers, near the gazebo, from 10:15 to 10:45 a.m.

Thorn-dike Playground, Main/Church Street, Thorn-dike, inside of the playground area, from 10:15 a.m. to 10:45 a.m.

At each location, they offer one "grab and go" bag of breakfast or lunch and attend each site from Monday to Friday.

The meals are not necessarily just for Palmer residents and students. Babinski said that if the person coming to pick up a bag can verify that it will be going to someone 21 and under, residents outside of town can be recipients, too.





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## MIAA

### Prospects of spring season looking bleak

By Gregory A. Scibelli  
gscibelli@turley.com

REGION – As the state celebrates Patriots Day along with the spring vacation week where many spring teams would normally be playing baseball and lacrosse games at 11 a.m. and 12 noon rather than the tradition 4 p.m. starts, there is nothing happening on any fields this week.

The MIAA's Board of Directors, in conjunction with guidance and recommendations made by the Tournament Management Committee, head into a crucial week seeking to start the spring season on May 4.

However, that start date is contingent on Gov. Charlie Baker starting the process of "opening the state back up."

Unfortunately, with time waning, and guidance from the federal government, it does not appear as though Massachusetts will be opening up, specifically for classes, on May 4. No school means no spring sports for athletes across the state.

Massachusetts is not among the nearly 30 states in the nation that has shut down school for the remainder of the academic year. Baker has said he does not want to shut schools down for the remainder of the year and was hopefully to get students back into the classroom even for a short period of time.

However, the MIAA's current plan for a 12-game slate and sectional playoff run is contingent on schools being re-opened on May 4. Another delay, which would likely be a minimum of two weeks in length, would be catastrophic to the plan.

"We (the Pioneer Valley Interscholastic Athletic Conference) came up with a modified schedule for the shortened season," said Agawam High School Athletic Director David Stratton, a member of the PVIAC Board of Directors. "But it could up being a futile exercise."

Time is running low, but Baker has yet to make a call on whether or not the stay-at-home advisory, non-essential businesses being closed, and schools being shuttered will remain in effect.

The last meeting of the MIAA Board of Directors was held by teleconference on Thursday, April 16. At the meeting, the board voted on some simple items, stating that in a cost-saving measure, tournament semifinal games would be held at the site of the higher seed. Semifinals and finals are normally held on neutral turf.

However, in the case of baseball and softball, UMass and Western New England University have been that neutral turf. College campuses have remained closed, and it is very possible colleges may not want events at their fields. Some colleges have even talked about continuing distance learning until a vaccine is found for the coronavirus.

SPRING | page 8

## SOCCER



Photos by David Henry www.sweetdogphotos.com

Several defenders create a way to block a free kick.

### Pioneers will not play 2020 regular season

*The GM of the team hopes there will be some exhibitions and an Open Cup this year*

By Gregory A. Scibelli  
gscibelli@turley.com

LUDLOW – It was an unprecedented season for the Western Mass. Pioneers in the 2019 season. The team made it all the way to conference semifinals last year before suffering their first defeat of the season.

Now, with plenty of players from last season and their coach returning, they will not have the opportunity to follow up on that great success.

The USL-Two announced last Wednesday that the Northeast Division has made the difficult decision not to participate in any type of 2020 regular season due to the coronavirus outbreak.

Greg Kolodziej, the general manager of the Pioneers, expressed disappointment in the fact the Pioneers will not be able to follow up on what they accomplished last season.

"Yeah, definitely crazy and unprecedented times," said Kolodziej. "We were extremely excited about this season. We had a good group of players returning from last year's team along with some excellent new recruits. We had qualified for the U.S. Open Cup, and were looking forward to some fun and exciting games at the stadium this summer. So on that note it's a bit disheartening."

Kolodziej said he is hopeful the team will get the opportunity to play some games this season.

He is hoping to see the Open Cup be rescheduled and possibly have some exhibition matches later this year.

"But obviously some things are out of your control," he said. "But as of this week, the US Open Cup has not made a decision as to what they are doing with their tournament, so there is a chance we could be playing if they choose to go ahead with it."

"Other than that, we will monitor the health situation in the coming weeks and try to provide our great fans with some action at the stadium when and if we can. We are hoping to schedule exhibition games and for the young soccer players in the area, put together our summer soccer camp program."

The league released a statement last Wednesday addressing the 2020 season:

These are unprecedented times as the world faces a challenging COVID-19 health crisis. And while the issues at hand are about much more than sport, as supporters of our clubs we want to share with you our appreciation for the patience you have shown as we worked closely with league officials as well as local, state, and national health authorities to understand the impact of this global pandemic on our upcoming season.

After careful thought and consideration, it was determined that the challenges of our division being spread over multiple states, coupled with the existing health crises, were too great of a risk to our long-term sustainability, and we have therefore made the difficult decision to forego our participation in the 2020 USL League Two season.



Guillermo Deal tries to settle a ball during last year's division clinching game.

"We absolutely support the Northeast Division's decision," said USL Vice President Joel Nash. "At the end of the day, it was about much more than soccer and we look forward to welcoming them back even stronger in 2021."

Every member club in the Northeast has worked tirelessly to provide the highest level of soccer possible to all of our communities in thrilling, family-friendly environments, each with their own local flavor. However, given the fluidity of the situation and the uncertainty presented to us, we felt

the decision was necessary for the greater good of all involved. While we are bitterly disappointed about this turn of events, especially for the fans, players, and our supportive Northeast communities, we also vow to come back better than ever in 2021.

In the meantime, all six Northeast Division clubs encourage everyone within our respective communities to be kind to one another, to look after those in need, and to encourage social distancing as much as possible.

PIONEERS | page 8

## CAR RACING

### iRacing league set for events

STAFFORD SPRINGS, Conn. – New events have been added to both Stafford Speedway's driver and fan iRacing leagues including a new invite only Tour Type Modified Invitational set for Friday, May 15. All Phases Renovations has stepped up as the presenting sponsor of the four-event series that will include three different types of cars as well as weekly payouts for the top-3 finishers.

The 4-race schedule is set to include a Street Stock race, Late Model race, and two Tour-Type Modified races. The first 3 events will pay a weekly \$250 purse across the top-3, including \$150 to win, \$75 for 2nd and \$25 for 3rd. The Modified Invitational scheduled for Friday, May 15th will pay \$350 to win, \$200 for 2nd, and \$150 for 3rd. The 80-lap Tour-Type Modified event will be invitation only. Winners from Friday's events will have a guaranteed entry in the Invitational. Additional criteria to enter the race will be announced in the coming weeks.

"iRacing has been a great way to get our racing fix," explained Larry Westgate of All Phases Renovations. "We really enjoyed last week's event and we look forward to mixing it up with a few different divisions and capping off the series with a special event and a bigger purse."

All Phases Renovations, based in Massachusetts, are your hardscape and carpentry specialist. With projects ranging from patios, to outdoor bars and kitchens, to pool renovations, All Phases can tailor your outdoor construction needs. For more information and to check out some of their work visit their Facebook Page.

Bonsa Tufa and Jeff Maconi will continue to host the live broadcast of these events weekly on the Stafford Speedway YouTube page beginning at 7pm. Be sure to subscribe to the Stafford Speedway YouTube channel to receive updates.

Prelim night is set to continue with support from Horton Group. Horton Group has partnered with Stafford Speedway to add 3 additional Prelim Night events with the final event scheduled for Wednesday, May 6th and broadcast live on Stafford Speedway's YouTube channel. The top-5 from each prelim night will advance to Friday's event.

Founded in 2000, Horton Group LLC is an award-winning, full-service construction, general contracting and facilities maintenance firm specializing in developing and building a variety of projects in the residential and commercial sectors. For more information visit their website, www.hortongroupllc.com.

**eStafford Speedway Schedule**  
*Stafford Speedway eSeries presented by All Phases Renovations*  
**Race #1 – Street Stocks 50 Laps**  
**Friday, April 24**  
*Live Stream – 7 p.m. Stafford Speedway YouTube*  
**Race #2 – Late Models 60 Laps**  
**Friday, May 1**  
*Live Stream – 7 p.m. Stafford Speedway YouTube*  
**Race #3 – Tour-Type Modifieds 80 Laps**  
**Friday, May 8**  
*Live Stream – 7 p.m. Stafford Speedway YouTube*  
**Race #4 – Tour-Type Modified Invitational 80 Laps**  
**Friday, May 15**  
*Live Stream – 7 p.m. Stafford Speedway YouTube*  
*Prelim Night presented by Horton Group*  
**Race #1 – Street Stocks 50 Laps**  
**Wednesday, April 22**  
**Race #2 – Late Models 60 Laps**  
**Wednesday, April 29**  
**Race #3 – Tour-Type Modifieds 80 Laps**  
**Wednesday, May 6th**  
*Live Stream – 7 p.m. Stafford Speedway YouTube*  
For more information, visit [www.staffordspeedway.com](http://www.staffordspeedway.com), check-out Stafford Speedway on Facebook or Twitter, or contact the track office at 860-684-2783.

## BASEBALL

### Blue Sox looking to start regular season on time

HOLYOKE – The Valley Blue Sox were champions of the New England Collegiate Baseball League in 2017 and 2018. They made it to the semifinals in last year's playoffs.

Now, more than ever, college athletes will be looking at leagues like the NECBL to make their mark for their colleges and prospective baseball scouts. The NECBL released a statement recently regarding the status of the 2020 season,

currently set to open in up early June:

We continue to closely monitor the rapidly changing situation involving the outbreak of COVID-19 and its impact on our 2020 summer season.

We are hopeful that we will play baseball this summer, and we continue to plan for our summer season, including accommodating college seniors who are now eligible to play and what our season

may look like. That said, our first priority is the health and well-being of our players, host families and fans. As part of our monitoring we are communicating with MLB, the NCAA and the National Alliance of Collegiate Summer Baseball. We will regularly review decisions and guidance from federal, state and local officials, and the leadership of our host communities to obtain the most current information on the virus, and to understand and

implement the most current recommendations and directives.

As we assess this changing situation, foremost we recognize that college athletes lost their spring season, and because of this, summer baseball is more important to our players and coaches than ever before. That's why – even in the context of today - we will continue to plan for summer ball and make every extra effort to get our college players on the field. Our season

may not look the same, but our role in player development has never been more important. And to our dedicated fans and sponsors, your support has never been more important. We appreciate your long and steadfast support and are hopeful to see you again this summer at the ballpark.

As we make decisions about our summer season, we will keep you fully informed.



# Police/Fire

## Police Logs

### PALMER

*The Palmer Police Department responded to a total of 290 calls from April 13 through April 20. The Department made ten arrests or summons. Those arrested will appear at a future date in the Palmer District Court and are innocent until proven guilty.*

#### Tuesday, April 14

Lori Ann Clark, 49, of 93 Fairway Dr., Chicopee, was arrested at 6:38 p.m. on First Street in Bondsville on a charge of operating under the influence of liquor (3<sup>rd</sup> offense).

#### Wednesday, April 15

Eric M. Boudreau, 64, of 2018 Overlook Dr., Three Rivers, was arrested at 5:12 p.m. on Overlook Drive in Three Rivers on a warrant for arrest.

#### Thursday, April 16

Derek L. Baez, 34, of 535 S. Bridge St. Apt. #7, Holyoke, was arrested at 1:25 a.m. on Park Street in Palmer on charges of the possession of a Class A drug; a subsequent offense of receiving a stolen motor vehicle; failing to stop for police; operating a motor vehicle with a revoked license; resisting arrest; and two warrants for arrest.

Shane J. Robert, 29, of 22 Grove St., Southwick, was arrested at 11:30 p.m. on Thorndike Street in Palmer on charges of operating under the influence of liquor (second offense); negligent operation of a motor vehicle; a motor vehicle lights violation; and speeding.

#### Saturday, April 18

John V. Broderick, 35, of 41 Beacon Dr., Palmer, was arrested at 11:26 a.m. on Beacon Drive in Palmer on charges of assault and battery on a 60 or older disabled person; and assault and battery.

## Fire Logs

### PALMER

*The Palmer Fire Department responded to a total of 11 calls from April 15 through April 21.*

On Wednesday, April 15 at 6:48 p.m., the department responded to an unauthorized burning on Spring Street. The department returned to service at 6:53 p.m.

On Thursday, April 16 at 9:26 p.m., the department responded to a carbon monoxide detector activation on Flynt Street. The department returned to service at 10:00 p.m.

On Friday, April 17 at 1:45 p.m., the department responded to a bush fire on River Street in Thorndike. The department returned to service at 5:05 p.m.

On Friday, April 17 11:23 p.m., the department responded to an alarm activation on Wright Street. The department returned to service at 12:12 a.m.

On Saturday, April 18 at 4:52 a.m., the department responded to an alarm activation on Wright Street. The department returned to service at 5:38 p.m.

On Saturday, April 18 at 12:12 p.m., the department conducted a smoke investigation on Ware Street. The department re-

turned to service at 12:29 p.m.

On Saturday, April 18 at 6:50 p.m., the department responded to a smoke detector activation on Shearer Street. The department returned to service at 7:01 p.m.

On Sunday, April 19 at 3:30 a.m., the department provided medical assistance on Hill Street in Thorndike. The department returned to service at 4:25 a.m.

On Monday, April 20 at 6:15 p.m., the department conducted a smoke investigation on Alden Street. The department returned to service at 6:51 p.m.

On Monday, April 20 at 6:25 p.m., the department conducted a smoke investigation on Center Street in Thorndike. The department returned to service at 6:51 p.m.

On Tuesday, April 21 at 1:00 a.m., the department responded to a motor vehicle accident with an extrication on South Main Street. The department returned to service at 2:08 a.m.

### THREE RIVERS

*The Three Rivers Fire Department responded to a total of five calls from April 15 through April 17.*

On Wednesday, April 15 at 11:04 a.m., the department responded to an EMS incident on Main Street. The department returned to service at 11:24 a.m.

On Thursday, April 16 at 8:11 a.m., the department responded to an oil spill on Palmer Road. The department returned to service at 8:30 a.m.

On Thursday, April 16 at 9:00 a.m., the department conducted an outside burning investigation on Palmer Road. The department returned to service at 9:10 a.m.

On Thursday, April 16 at 3:35 p.m., the department responded to an EMS incident on Calkins Road. The department returned to service at 3:40 p.m.

On Friday, April 17 at 1:56 p.m., the department provided mutual aid to the Palmer Fire Department for a brush fire. The department returned to service at 4:11 p.m.

### BONDSDVILLE

*The Bondsville Fire Department responded to a total of two calls from April 14 through April 20.*

On Thursday, April 16 at

2:21 a.m., the department responded to a one car motor vehicle accident with a fluid spill on State Street. The department returned to service at 2:45 a.m.

On Friday, April 17 at 1:55 p.m., the department provided mutual aid to River Street in Thorndike for a brush. The department returned to service at 4:30 p.m.

### MONSON

*The Monson Fire Department responded to a total of 18 EMS calls and three fire calls from April 13 through April 19.*

On Tuesday, April 14 at 8:35 p.m., the department responded to 62 Bunyan Rd. for a carbon monoxide detector activation. The department returned to service at 9:06 p.m.

On Thursday, April 16 at 8:39 p.m., the department responded to 268 Palmer Rd. Lot #2 for an illegal burn. The department returned to service at 8:56 p.m.

On Friday April 17 at 2:30 p.m., the department provided mutual aid to the Town of Palmer at 111 River St. for a brush fire. The department returned to service at 4:45 p.m.

## SPRING ■ from page 7

While it was not a formal vote, the minutes of the meeting note that more than 20 states had officially called off spring sports, specifically. But the MIAA will follow the guidance and expectations made by Gov. Baker.

The next meeting of the MIAA Board of Directors is set for May 5. However, a special meeting could be scheduled sooner if and when Baker makes a decision about the remainder of the school year.

## PIONEERS ■ from page 7

As clubs, we will continue to stay active and engaged in our communities off the pitch, and welcome any and all support in those endeavors. Only to-

gether can we get through these trying times and come out stronger for it. We will get through this together.



Ben Brewster starts a move up the field. The Pioneers will not play in the 2020 regular season



Micah Umeh sends a shot away.

# Drive-Thru Restaurants with Dog-Friendly Menus

Running out to grab a bite or a latte but don't want to leave your sweet pooch behind? With an increasing number of restaurant drive-thrus serving up dog-friendly menu items, you don't

have to! While some restaurants display these items on their menu, others have doggie items that are kept on the "down-low," so you'll have to ask for them when you order.

Pack up your pooch and check out some of these drive-thru favorites!

#### Sonic

If your dog loves car rides and eating (um, really?), he'll surely love to dine at

Sonic, the ultimate drive-in restaurant. Many of their locations offer doggy treats. But better yet, order a burger or grilled chicken sandwich (plain, no bun) for your furry sidekick.

#### In-N-Out Burger

This burger chain has been serving up tasty morsels since 1948 and it was California's first drive-thru hamburger stand! People and pups love their burgers. In-N-Out offers their special "Puppy Patty" - which is an unseasoned burger, served in their signature doggy bags.

#### Chick-fil-A

Since 1964 Chick-fil-A has been the home of the original chicken sandwich. And what pup doesn't love chicken? Swing by and grab an order of grilled chicken nuggets for your pooch and maybe a delicious chicken wrap for you! Plus, some of their locations offer free doggie treats, so be sure to ask.

#### Starbucks (a.k.a. Starbarks)

For when you need a

morning eye opener or an afternoon pick-me-up! Roll up to Starbucks with your little fluffer and grab a latte for you and treat your pup to a "Puppuccino". In case you didn't know, a puppuccino is light whipped cream served in a small cup.

#### Shake Shack

Technically not a drive-thru, but their "order ahead" service makes it a quick and easy grab and go! Plus, with their special doggie menu, we just had to include them! Shake Shack offers pups 2 menu items. "Bag O'Bones" is a doggy bag of 5 ShackBurger dog biscuits made by Bocce's Bakery. "Poochini" includes ShackBurger dog biscuits with peanut butter sauce and vanilla custard.

#### PDQ

Yes, their service is pretty darn quick, BUT, PDQ actually stands for People Dedicated to Quality! Their fresh (never frozen) chicken has no added hormones or steroids. This drive-thru restaurant is the perfect place to pick-up some grilled chicken tenders for your pampered pooch.

#### Dunkin' (a.k.a.) Dunkin Donuts

Dunkin' serves up a lot more than donuts and breakfast sandwiches these days. Their new(ish) selection of barista items is quite impressive. So drive up and buy yourself an almond milk caramel macchiato, and get your furdid a "Puppy Latte"! A puppy latte is light whipped cream in a small cup.

#### Dairy Queen

Since 1940, Dairy Queen has been helping soft serve ice cream lovers get their fix! DQ features a walk-up window to order, so al-



though they are not a drive-thru, you and your dog can both hop out to place your order. DQ loves its loyal customers and that includes the furry ones! It shows them some love with DQ "Pup Cups" -- a small cup of soft serve vanilla.

#### Mickey D's, BK, and Wendy's

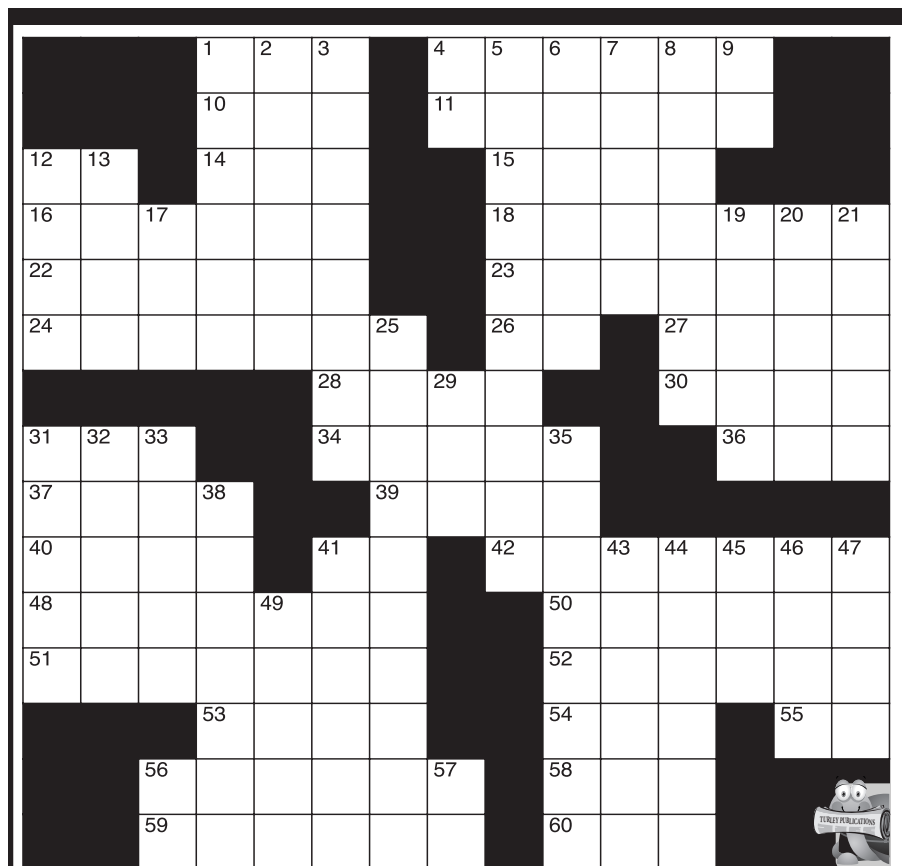
McDonald's, Burger King, and Wendy's, are also popular drive-thru restaurants among pet parents. A plain burger or grilled chicken might be good options for your pup...or perhaps a couple licks of your soft serve vanilla.

Always be mindful of your dog's diet. Too much of a "good" thing might not bode well for your fluffer's little tummy - particularly dairy products and greasy items. Check with your vet if you are unsure about feeding your dog something new.

With all the dog-friendly options out there, next time you do drive-thru, be sure to include your four-legged family member!

#### About TripsWithPets.com:

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#### CLUES ACROSS

- Revolutions per minute
- Hymns
- Brew
- Did not acknowledge
- Atomic #77
- Partly digested food
- Not one
- Lesotho capital
- Copyreading
- Living organism that feeds on organic matter
- One's biological father
- An aggregate of molecules
- Equally
- Khoikhoi people
- Jump in figure

- skating
- Lantern
- TV network
- Georges \_\_, French philosopher
- Sharp, shrill bark
- Albanian monetary units
- Launched Apollo
- One who graduated
- Exist
- Passed by
- Very unpleasant smell
- Graduates
- Seedless raisin
- Self-protection
- Clue
- Life-savers
- Ingest too much
- Misrepresented
- Small Eurasian deer

- Most mocking
- Soviet Socialist Republic

#### CLUES DOWN

- Flower cluster
- A form
- Inner organ regions
- Local law enforcement
- A citizen of Senegal
- Positively charged electrodes
- Connects granules
- Business practice
- The Mount Rushmore State
- Leader
- Hindu queen
- Proofreading mark
- European country
- Greek mythological
- nymph
- Grandfather
- Clears
- Amount of time
- Mollusks
- German municipality
- Body part
- City of Angels
- hoopsters
- Suffocate
- Pleasing to the eye
- Poplar trees (Spanish)
- Ship officer
- Individual investment account (abbr.)
- Prefix meaning within
- Ceased to live
- Day by day
- Not color
- Condition of withdrawal (abbr.)

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## KNORRING ■ from page 1

Palmer," said Knorring.

Palmer Fire Department's Fire Chief Alan Roy said that although the COVID-19 pandemic has put a hold on some of his tests, he is still happy to be working with him while he completes orientation.

"Firefighter Knorring came in, and right away, he's doing very well," said Roy. "He's paying attention, he hit the road here running. He's going to do a good job for the fire department."

Although he's got a start in his new career, the learning portion is not finished. Knorring said that once the pandemic is over, he plans to attend the Massachusetts Fire Academy, where he can take on full-time training.



## DEATH NOTICES

**Hagen, Melissa A.**  
Died April 16, 2020  
Memorial Services at a later date  
New England Funeral & Cremation Center, LLC

**MacRae, Bruce C.**  
Died April 15, 2020  
Celebration of Life at a later date  
Beers & Story Funeral Home

**Meurisse, Leora F. (Levielle)**  
Died April 13, 2020  
Services were private  
Lombard Funeral Home

**Srodulski, Deborah L. (Ryea)**  
Died April 17, 2020  
Celebration of Life at a later date  
Beers & Story Palmer Funeral Home

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## O B I T U A R I E S

### Melissa A. "Missy" Hagen, 47

Melissa A. "Missy" Hagen, 47, passed away on April 16, 2020. Born in Ware, MA on April 24, 1972, daughter of Susan (Bliss) Hagen and the late Daniel Hagen, Sr., she attended local schools and was previously employed as a personal care attendant. Missy loved gardening, country music, reading, making crafts, a good cup of coffee, cigarettes, candy, and anything that was Native American. She will be remembered as being selfless and would do anything for any-

body. She is survived by her mother Susan L. (Bliss) Hagen, her two special daughters, Desiree Hagen and Samantha Wells, and her brother Daniel Hagen and his wife Shauna and their son, Tim. She also leaves lots of wonderful aunts, uncles, cousins, many special friends and her little dog Bella. She was predeceased by her maternal grandparents, Dorothy



and Raymond Bliss and paternal grandparents Hazel and George Hagen. Memorial services will be held at a later date. New England Funeral & Cremation Center, LLC, 25 mill Street, Springfield, MA has been entrusted with the arrangements. Visit [www.nefcc.net](http://www.nefcc.net)

### Bruce Charles "Mac" MacRae

Bruce Charles "Mac" MacRae, of Ware, passed away April 15, 2020. Bruce was predeceased by his parents, Sidney and Shirley (Bradley) MacRae, and his wife, Marlene (Barnes) MacRae. Bruce leaves behind his sons, Timothy and Daniel, both of Ware; Richard (Jodi), of Belchertown, and Adam, of Chicopee. He also leaves his brother, Earl, (Patricia) of Blackstone, and his sister, Christine MacRae Lee (Arthur), of Medway, as well as six grandchildren, two great grandchildren, and several nieces and nephews. Bruce was

born in Palmer and spent his early life in Monson prior to moving to Medway, where he was a 1968 graduate of Medway High School. Bruce later earned a certificate in horticulture from Norfolk Agricultural School. Upon his marriage, Bruce returned to the Monson area, where he and Marlene raised their four sons first in Monson, and then Palmer. Bruce was a 20-year military veteran, having served initially in the National Guard, followed by 14 years in the Air Force, where he earned the rank of Staff Sergeant. Bruce worked for several

years as a machinist, and truck driver, in the Springfield area. Bruce loved to play his trumpet, often playing Taps at various parades and military services. He was an eagle scout. Bruce was an avid fisherman, and especially enjoyed fishing in the ocean, and the Quabbin Reservoir, with family and friends. A celebration of Bruce's life with full military honors will be held later at the convenience of the family. Donations in memory of Bruce can be made to the American Diabetes Association.

### Leora F. Meurisse, 79

MONSON — Leora F. (Levielle) Meurisse, 79, passed away, Monday, April 13, 2020. Leora was born in Monson to the late Francis G. and Frances H. (Allen) Levielle. She was a graduate of Monson High School and a life long resident here. Leora drove school buses for many years for the Town of Monson. She was an active member of the Monson-Glen-dale United Methodist Church where she served as a Trustee. Leora loved to cook and enjoyed sharing with her family, church family and friends.

Leora leaves her loving husband of 63 years, James E Meurisse; their children, Lynn Mazzola and her husband Michael of Littleton, MA, Wayne Meurisse and his wife Heidi of Palmer and Harold Meurisse and his wife Beth of Arkansas; four grandchildren, Sarah, James, Katherine and Stephen, several nieces, nephews and cousins. Leora was predeceased by her sister Judith Wheeler.

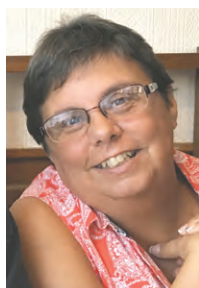


A private family service will be held at Lombard Funeral Home in Monson. A public service will be held at a later date and will be announced. In lieu of flowers memorial contributions may be made to The Michael J. Fox Foundation PO Box 5014 Hagerstown, MD 21741-5014. For online condolences, please visit [www.lombardfuneralhome.com](http://www.lombardfuneralhome.com).

### Deborah Lee (Ryea) Srodulski, 59

PALMER — Deborah Lee (Ryea) Srodulski, 59, passed away at home with her loving family by her side after a courageous sixteen-year battle with cancer on April 17, 2020. Born September 19, 1960 in Ware, she was the daughter of Wilfred and Nancy Louise (Lynch) Ryea. Deborah grew up and lived between Palmer and Warren and graduated from Palmer High School. Deborah loved spending time outdoors, whether it was at the beach, kayaking, or camping. She also had a creative talent and enjoyed many crafts. She had

the amazing talent of making friends wherever she went and her greatest passion was spending time with her family. Deborah's love will forever remain with her husband, Michael, and children, Jeffrey and Daniel of Palmer and Justin of Hadley. She also leaves her dear grandchildren, Coby, Devon and Thomas along with her loving siblings, Norma and Kevin Aldrich, and Karen Ryea, of Three Rivers. A celebration



in her memory will be held at a later date for any who wish to attend. Beers & Story Palmer Funeral Home has been entrusted with the arrangements. Donations may be made in her memory to the Walk of Champions Baystate Mary Lane Oncology. Baystate Health Foundation, Attn: Stephanie Johnson, 280 Chestnut Street, Springfield, MA 01199. For details, please visit [www.beersandstory.com](http://www.beersandstory.com)

## NBSB offers information on COVID-19 scams

NORTH BROOKFIELD — In an effort to protect customers and community members, North Brookfield Savings Bank compiled some common frauds and scams related to COVID-19, as well as resources on how best to deal with them. It's an unfortunate truth that particularly during times of hardship, fraudsters and scammers will attempt to take advantage of the situation to steal people's money, personal information or identity. It is important, now more than ever, to be as aware and prepared as possible to combat such attempts.

Scammers will try to trick victims by approaching them with information they know is of interest and they may make themselves appear to come from a familiar source, all in the hopes that the person will act or click before thinking it through.

A brief overview of scams and fraud to look out for are: stimulus check information, fake CDC alerts emails, health advice emails, workplace policies emails, charity donation requests, phone calls, text messages, offers for "free" services (such as streaming services), offers for medical equipment, cures, or treatments or investment offers.

Be wary of emails, text, calls or other correspondence relating to your COVID-19 government stimulus check. Any emails, texts, or calls are not legitimate. They might promise faster delivery or ask to verify personal or banking information - the government will not do this.

For those who have filed their 2019 taxes and selected to receive a refund via direct deposit, their stimulus check will be deposited into the account they elected for their tax refund. Those who have not filed 2019 taxes, but filed their 2018 taxes last year and opted for direct deposit, their stimulus check will be deposited into the account they elected for your 2018 tax refund. Those who haven't authorized a direct deposit for their tax refund, will receive a check via the USPS (if eligible).

Email scams, also known as phishing, are when fraudsters and scammers send emails claiming to be from legitimate organizations. The email messages might ask you to open an attachment to see the latest statistics on COVID-19. If people click on the attachment or embedded link, it is possible they could download malicious software onto their device. The malicious software could allow scammers to take control of their computer, log their keystrokes or access their personal information and financial data, which could lead to identity theft.

#### Fake CDC alerts

-The email might falsely claim to link to a list of coronavirus cases in a person's area or offer information on testing, results, or anything else that might get them to open the email.

**Fake Health Advice Emails** - Emails that offer supposed medical advice to help protect people against the coronavirus. The emails might claim to be from medical experts. "This little measure can save you," one phishing email says. "Use the link below to download Safety Measures."

**Fake Workplace Policy Email** - Some fraudsters and scammers have targeted employees' workplace email, often with links to fake policies. If someone clicks on the fake company policy, they'll download malicious software.

Like other types of phishing emails, the messages usually try to get people to click on a link or provide personal information that can be used to commit fraud or identity theft. Here's some tips to avoid getting tricked.

Beware of requests for personal information. A coronavirus-themed email that seeks personal information like a Social Security number or login information is a scam. Legitimate government agencies won't ask for that information. Never respond to the email with personal data.

Check the email address or link. People can inspect a link by hovering their mouse button over the URL to see where it leads. Sometimes, it's obvious the web address is not legitimate. But keep in mind scammers and fraudsters can create links that closely resemble real websites. Delete the email if you suspect it is a scam.

Watch for spelling and grammatical mistakes. If an email includes spelling, punctuation and grammar errors, it's likely a sign that a phishing email has been received. Delete it.

Look for generic greetings. Phishing emails are unlikely to use a person's name. Greetings like "Dear sir or madam" signal an email is not legitimate.

Avoid emails that insist on acting now. Phishing emails often try to create a sense of urgency or demand immediate action. The goal is to get people to click on a link and provide personal information without thoroughly thinking it through. Delete the message.

In this time of need people may be in a position to help others who find themselves in need. While doing so is a very admirable goal, everyone should do their due diligence ahead of time.

People should do their homework when it comes to contributing any donations, whether through charities or crowdfunding sites. No one should let anyone rush into making a donation. People should pour their time and ensure that the charities and causes they are considering donating to are legitimate and have a proven track record of making good use of the donations they receive. If someone wants donations in cash, by gift card or by wiring money, don't do it.

Scammers and fraudsters may try to call people on the phone in an effort to gather personal or financial information. They may use tactics designed to intimidate, confuse, or scare people, and it's all in an effort to make people not think twice about giving them sensitive information.

People may also receive robocalls, if they answer the phone and hear a recorded message instead of

a live person, it's a robocall. Hang up. Don't press any numbers. The recording might say that pressing a number will let the person speak to a live operator or remove them from their call list but it might lead to more robocalls. Illegal robocalls are used to pitch everything from scam Coronavirus treatments to work-at-home schemes.

Text messages, Facebook messages and other messenger platforms can also have scammers and fraudsters using them. Anyone who receives a message with a link in it do not click it, as it will download malware onto their device, even a phone or tablet. The message could be from an unknown sender or may even be from someone who is known. In the latter case, they are most likely a victim of a similar scam.

Be aware of offers and ads for cures, treatments, medical supplies, free video streaming services, ways to track the virus' spread or other too good to be true claims.

Shoppers online should know from whom they're buying. Online sellers may claim to have in-demand products, like cleaning, household or health and medical supplies when, in fact, they don't. All in an attempt to gather peoples' credit card information or to get them to unknowingly download malware onto their device.

Ignore online offers for vaccinations and home test kits. Scammers are trying to get people to buy products that aren't proven to treat or prevent the coronavirus disease 2019 (COVID-19), online or in stores. At this time, there are no FDA-authorized home test kits for the coronavirus.

As always, North Brookfield Savings Bank encourages everyone to fact-check all information they receive no matter the source. Scammers and often times innocent well-meaning people, share information that hasn't been verified. Before passing on any messages, contact trusted sources to ensure they are legitimate. People may visit official COVID-19 channels through our North Brookfield Savings Bank COVID-19 Resource Center, [www.NorthBrookfieldSavingsBank.com/Coronavirus](http://www.NorthBrookfieldSavingsBank.com/Coronavirus).

North Brookfield Savings Bank's online Security Center lets people quickly take action, based on the scam type, through its Report Fraud and Scam webpage. It is important to act fast.

People may visit <https://www.northbrookfieldsavingsbank.com/report-fraud-and-scams/>.

## In Memory of Jeffrey P. Leadbeater



**April 3rd, 1975 -  
April 18, 1989**

**Sadly Missed By  
Mom, Dad, Jillian,  
& Jarrett**

**He Loved All & Loved Life & Gave Us All He Had To Give**

## The Library Loft

Schoolhouse Commons Historical Center • 1085 Park Street, Palmer

*We are celebrating our  
20th year at the Schoolhouse Commons.*  
Thanks to our wonderful "friends," volunteers and patrons.

**HOURS:**  
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Fri. 10am-4pm • Sat. 10am - 4pm

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Book donations will be accepted at the Palmer Public Library or the Library Loft during open hours. Please, no magazines or Reader's Digest Condensed Books. We accept books only in good, clean condition.

For more information call 283-3330 ext. 100



**Proceeds To Benefit the Palmer Public Library**

*The Journal Register*

## OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$100, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](http://obits@turley.com).

*Exceptions will be made only when the family  
provides a death certificate and must be pre-paid.*

## NOTICE

**ERRORS:** Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.



# Classifieds

13 WEEKLY NEWSPAPERS | SERVING 50 LOCAL COMMUNITIES

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– Restored with new woven seats – Many styles and weaves available. Call **(413)289-6670**

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Seasoned cut & split \$200.00  
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**A HOME IMPROVEMENT SPECIALIST** Decks, additions, garages, sheds, porches, repair work. Project financing available. BBB approved. Tim **413-563-2229** Lic #053483

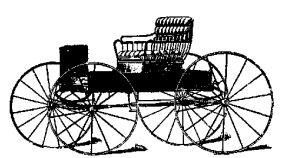
**ABSOLUTE CHIMNEY** HIC #161245 & CSSL #101365 Insured. Sweeping chimneys year round. Thank you. **(413)967-8002**

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BELCHERTOWN, MA

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**\*NEW STATE LAW.** Anyone advertising caring of children must list a license number to do so if they offer this service in their own home.

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**DEPENDABLE ELECTRICIAN, FRIENDLY** service, installs deicing cables. Free estimates. Fully insured. Scott Winters electrician Lic. #13514-B Call **(413)244-7096.**

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Excavator Services  
Overgrown property?  
Extreme Brush Cutting!  
Shrub, Stump, Tree Removal  
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Weekly, bi-weekly mowing, Spring, Fall Clean-ups, trimming, mulch, stone beds, excavating. Total yard maintenance. Call Dan **(413)682-4943**

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Dethatching  
Mulch/ Stone  
Stump grinding  
Senior Citizen/ Veteran's Discount  
Certified/ Insured  
Call Dave **(413)478-4212** for your free estimate.

**ENVY YARD MAINTENANCE**  
Lawn mowing, Spring/ Fall clean-up, mulch, shrub trimming, general yard maintenance, etc. Call Nick for your free estimate **413-386-5014**

## LAWN & GARDEN

**\*COMPOSTED LOAM\*** 3/8 screened, \$28/yd. deliv., 10 yd min.; No additives, fillers or by-products. Local deliv. to Oakham and surrounding towns only. Eliot Starbard **508-882-0140.**

## SERVICES

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Weekly/ Bi-weekly lawn mowing services  
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Call Quality Cuts today!  
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FREE ESTIMATES

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**1978 CHEVY SS ELCAMINO** 12,500 original miles. Pro tour started. EZ resto to stock. 350 ci, 4-spd. **413-896-1585** after 12pm \$20,000 firm

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**MAKE A FAST FRIEND!**

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**HORSEBACK RIDING LESSONS** offered year round at our state of the art facility, beginner to advanced. Ages 4 years to adult. Boarding, sales and Leasing also available. Convenient location at Orion Farm in South Hadley **(413)532-9753** www.orionfarm.net

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### FOR RENT



**ALL REAL ESTATE** advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

**BELCHERTOWN LAKESIDE** ROOM for rent. Shared living in entire house. Off-street parking, Lg. yard. Contact Rick 978-833-3689.

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+Heat and hot water included  
+Ample Closets  
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+24 Hour Maintenance  
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## FOR RENT



All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status (number of children and or pregnancy), national origin, ancestry, age, marital status, or any intention to make any such preference, limitation or discrimination.

This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.



**Find it in our Classified section!**

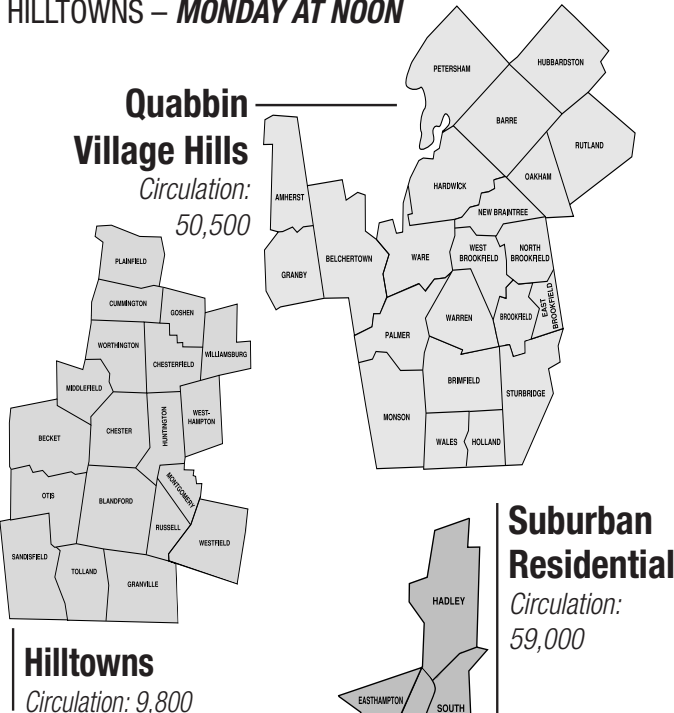
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**MAIL TO: Classifieds, 24 Water St., Palmer, MA 01069**  
or call toll free: 800-824-6548

**DEADLINES:**

**QUABBIN & SUBURBAN – FRIDAY AT NOON**  
**HILLTOWNS – MONDAY AT NOON**

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20 Base Price \$26.00
21 Base Price \$26.50	22 Base Price \$27.00	23 Base Price \$27.50	24 Base Price \$28.00
25 Base Price \$28.50	26 Base Price \$29.00	27 Base Price \$29.50	28 Base Price \$30.00
29 Base Price \$30.50	30 Base Price \$31.00	31 Base Price \$31.50	32 Base Price \$32.00
33 Base Price \$32.50	34 Base Price \$33.00	35 Base Price \$33.50	36 Base Price \$34.00
37 Base Price \$34.50	38 Base Price \$35.00	39 Base Price \$35.50	40 Base Price \$36.00



Buy the Quabbin Village Hills or the Suburban Residential ZONE for \$26.00 for 20 words plus 50¢ for each additional word. Add \$10 for a second Zone or add \$15 to run in ALL THREE ZONES.

First ZONE base price \_\_\_\_\_ Includes additional words  
Add a second ZONE **\$10.00**  
Add a third ZONE **\$5.00**  
Subtotal \_\_\_\_\_  
x Number of Weeks \_\_\_\_\_  
TOTAL Enclosed \_\_\_\_\_

Run my ad in the following ZONE(s):  
☐ Quabbin  
☐ Suburban  
☐ Hilltowns

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Number of Weeks: \_\_\_\_\_ X per week rate = \$ \_\_\_\_\_  
Credit Card: ☐ MasterCard ☐ VISA ☐ Discover ☐ Cash ☐ Check# \_\_\_\_\_  
Card #: \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV \_\_\_\_\_  
Amount of charge: \_\_\_\_\_ Date: \_\_\_\_\_

**OUR CLASSIFIEDS REACH 50 COMMUNITIES EVERY WEEK!**

## Classified Advertising

### DEADLINES

**QUABBIN & SUBURBAN**  
**FRIDAY AT NOON**

**HILLTOWNS**  
**MONDAY AT NOON**



# Baystate Health suggests a wide range of activities

## Activities for kids to do at home:

**INFANTS (0 – 12M)**

**1. Read a book**  
Your infant loves to hear your voice.

**2. Sing a song**  
Babies love soft rhythms and tunes.

**3. Peek-a-boo**  
Baby loves to see your face appear and disappear behind your hands.

**4. Tummy Time**  
Your baby can build muscle strength by spending time on their stomach. Always supervise your baby while on their tummy. Give baby something to look at or explore while doing tummy time.

**5. Go for a walk**  
If the weather is nice, fresh air is great for your baby. Be sure to stay six feet away from others and don't let other people touch your baby or stroller.

**TODDLERS (1 TO 2-YEARS-OLD)**

**1. Pots and pans Band**  
Take out your kitchen ware and let your kids create their own music with wooden spoons!

**2. Sorting and stacking**  
Toddlers love to sort and stack. Find a muffin tin and an assortment of trinkets for them to sort in to each section, or blocks, cups, Tupperware containers that they can stack and build.

**3. Dance party**  
Toddlers love to dance. Put on some music and dance with your toddler. You could even mimic your child's moves for your own exercise similar to James Corden's Toddlerography on "The Late Late Show."

**4. No mess painting**  
Drop dots of paint on a piece of paper or canvas. Then cover with plastic wrap and tape the edges well. Let the toddler push the paint around, creating a no mess piece of art. You can also let them get messy and finger paint if you'd like.

**5. Animal mimicking**  
Shout out an animal and have your toddler make the noise and pretend to be that animal. It helps them learn, exercise and create. Help your child act out being a dog, a fish, or an elephant.

**PRESCHOOLERS (3 TO 5-YEARS-OLD)**

**1. Backwards Day**  
Have mac and cheese for breakfast, then do the whole day in reverse, let kids wear their clothes backwards, and end with pancakes for dinner.

**2. Build a fort**  
Use blankets, towels, pillows, and stuffed animal from around the house to build an awesome fort where kids can pretend to be explorers, watch a movie, or read a book.

**3. Build a zoo**  
Using blocks, boxes, or household items, create habitats for your child's stuffed animals Kids can decorate each exhibit with

coloring pages and make up names and backstories for their animals.

**4. Look and find**  
Look around and find an item in the room. Ask your child if they can find the item and bring it back to you. You can make it easy or challenging. Set a timer and challenge each other.

**5. Shadow coloring**  
On a sunny day, line up your favorite toys in the sun. Trace the shadows onto paper and then you can color in your favorite toys! You could use cars, Lego figures, dinosaurs, dolls, stuffed animals... anything that makes a shadow.

**SCHOOL-AGED (6 TO 10-YEARS-OLD)**

**1. Scavenger hunt**  
Create a list of items that can be found in your home or yard. Set a timer to see who can find the most the fastest.

**2. Sidewalk chalk drawing competition**  
Yell out an object, animal, or image and let your kids try to draw it on the driveway! You can also do this with paper and markers inside on a rainy day.

**3. Have a special family dinner**  
Put a table cloth or sheet on the table, have everyone dress up in their best outfits, use the good silverware and have a fancy dinner together.

**4. Science and slime**  
Look up recipes that you can make at home for slime, cloud slime, molding

dough, oobleck and other concoctions. Kids love to mix the ingredients and use their creativity.

**5. Create your own game**  
Have kids make up their own board game, card games, sports or challenges. Be sure to have instructions and rules. Who knows, maybe it will become a real game we can buy in the store one day.

**TWEENS (11 TO 13-YEARS-OLD)**

**1. Chopped Junior Cooking Challenge**  
Give your kids two or three ingredients they must use in their dish. Be sure to supervise your kids in the kitchen, especially with knives and the oven.

**2. Try a Tik Tok**  
Have your child teach you a popular Tick Tok dance. Even if you're not good at dancing or feel embarrassed, it will make your child feel good to teach you something that they love.

**3. Connect with friends online**  
Use free apps like House Party to video chat with friends, but you can also play games like Heads Up and Pictionary through the app.

**4. Dress-up Apples to Apples**  
Similar to the card game, challenge your child to pick out an outfit for a specific event: concert, school, skiing, beach day or other event. Set a timer and have the kids race to their rooms and select an appropriate outfit. Judge who you think picked the

best one. The winner picks the next category. Make sure the kids know they have to fold and put away all of their clothes at the end of the game.

**5. Recreate childhood photos**  
Go through old photos, in print or digitally, to pick out some of your favorites. Try to recreate the image using props, the same family members, and poses. This will be a fun trip down memory lane and is guaranteed to bring the laughs.

**TEENS (14-YEARS-OLD AND OLDER)**

**1. Learn a new skill**  
Use Youtube or online resources to learn how to sew, code, play an instrument or cook.

**2. Drawing/Writing**  
You can look up writing and drawing prompts online and see where your creativity takes you.

**3. Pokemon Go or Wizards Unite**  
Augmented reality games can be played outside from a safe distance from others or even from the car. If your teen is playing, be sure to have a designated driver who has eyes on the road and is not engaged in the game.

**4. Exercise**  
Practice skills from your favorite sport or try classes online like yoga or Zumba.

**5. Learn a new language**  
Rosetta Stone is offering free courses.

## Keeping kids engaged and happy during the Coronavirus outbreak

SPRINGFIELD – With the recent extension of school and daycare closures during the coronavirus pandemic, parents may be seeking additional ideas to ensure their children are continuing to learn and develop, while also fitting in much needed time for play, expression and physical activities.

"There are many ways to approach the plan for how to support kids while they aren't attending daycare or school in a traditional way. Parents know their children best and there isn't necessarily a 'one size fits all' plan that will work for every child and family," said Jessica Hagerman, child life specialist and manager of Child Life & Healing Arts at Baystate Children's Hospital.

"It's helpful to consider all of the aspects that make a child who they are, including their age, development, educational needs, learning style, interests, energy level, and ability to focus. These may all contribute towards figuring out the best plan that will meet their needs," she said.

Parents may want to consider creating a routine for some sense of normalcy and to keep the environment somewhat predictable during these very unpredictable times.

"Children may feel a lack of control with all that's going on around them, so it's also a great idea to include them in some of the decision-making, and to give choices about activities and plans when appropriate. Staying connected with their school to understand what resources may be available and their requirements for keeping up with academics should certainly be a part of the plan, but this may also be a great time to create some extra fun, memorable experiences in hopes that children as well as parents will look back on this time in a positive way," said Hagerman.

There are so many great online resources available to families with ideas for games, activities and suggestions to keep children occupied and learning during this social isolation period and beyond, noted the child life specialist.

"A simple search will bring up a wealth of resources and ideas. We also encourage families to find a healthy balance between screen time and screen-free activities. While there is so much to do and learn in the digital world, moderation is important to ensure children are also still engaging in other activities to support their overall development. When children are actively playing and creatively engaging in their environment, it can support their development in incredibly positive ways," said Hagerman.

She noted this is not an easy time for some parents, many of whom may be juggling being home with their children while still trying to work from home, or who may be trying to coordinate the many aspects of life that are affected by this pandemic.

"Sometimes screen-time may be the one thing that keeps your child content while you sign into that conference call. Being aware of what your kids

are accessing when they are on the screen can make all the difference," said Hagerman.

She also encourages fresh air and exercise and notes that social isolation doesn't have to mean staying inside, but that it does mean that you should be responsible when you are outside.

"Avoiding public playgrounds and 'high touch' areas like climbing structures, or places where others may congregate, is really important for health and safety during this pandemic. If you don't have a yard or an isolated outdoor space to play, going for walks or riding bikes in areas where you can keep a safe distance from anyone other than those you live with is a good way to still get out and moving. It's a good idea to be prepared with hand-wipes or sanitizer for any little hands that like to touch everything," said Hagerman.

Other outdoor activity ideas may include: creating a chalk obstacle course, treasure hunts, hula-hoop races, planting a garden, having a picnic or blowing

bubbles. More details for how to do these are only an internet search away, she said.

For indoor activities, there are always the classics like board games, card games, puzzles, arts and crafts and movie nights.

"You may also have some home improvement projects around the house for kids who are old enough to help. This may be a great time to clean out that old toy chest, sort through your bookshelf, organize the Tupperware drawer, or put away winter clothes," said Hagerman.

She said now may also be a great time to create a family time capsule. You can download a free copy of "My COVID-19 Time Capsule" created by Natalie Long of Long Creations at <http://letsembark.ca/time-capsule>.

"In five, ten or 20 years from now, you can look back at how you and your family made it through all of the COVID-19 changes," said Hagerman.

"Also, if you haven't already joined the slime

craze, we suggest trying the 'Baystate Slime' recipe. This one is a favorite around our pediatric unit," she said.

The recipe: 5 oz. school glue, ½ tbsp of baking soda, 2 tbsp. of contact solution, add a small amount of food coloring or acrylic paint for color. Consider adding shaving cream for "fluffy slime" and experimenting with adding small items like beads, glitter or other trinkets to provide texture.

The Baystate Children's Hospital child life specialist offers the following websites for some additional experiences to consider:

<https://www.weareteachers.com/best-virtual-field-trips/>

<https://www.kennedy-center.org/education/mo-willems>

<https://mommypoppins.com/kids/50-easy-science-experiments-for-kids-fun-educational-activities-using-household-stuff>

## Public Notices

**LEGAL NOTICE**  
In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of Apple Self Storage, in order to satisfy past due rents and other expenses, the stored goods of the following named people, including household items will be sold at public lien sale at **10:00 AM on May 05, 2020**, on the premises of **Apple Self Storage, 1207 South Main Street, Palmer, MA :**  
Sharon Bennett  
156 Breckenridge Street  
Palmer, MA 01069  
4/16, 4/23/2020

**NOTICE**  
The Massachusetts State Lottery Commission (MSLC) will offer a KENO monitor to display the game to duly qualified existing KENO To Go Agent(s), as listed below:  
**Choice Foods**  
**2 Main st**  
**Wales, MA, 01081**  
Written objection hereto, by Local Licensing Authority, must be received by: Gregory Polin, General Counsel, Massachusetts State Lottery Commission (MSLC), 150 Mount Vernon Street, Dorchester, MA 02150 - 3573  
4/23/2020

**Commonwealth of Massachusetts**  
**The Trial Court**  
**Probate and Family Court**  
**Hampden Division**  
**50 State Street**  
**Springfield, MA 01103**  
**(413)748-8600**  
**Docket No. HD20P0554EA**  
**Estate of:**  
**Doris Reuther Diggs**  
**Also Known As:**  
**Doris R. Diggs**  
**Date of Death:**  
**February 13, 2020**  
**INFORMAL PROBATE PUBLICATION NOTICE**  
To all persons interested in the above captioned est-

ate, by Petition of Petitioner **Malinda Diggs Lastowski** of Bondsville, MA  
a Will has been admitted to informal probate.  
**Malinda Diggs Lastowski** of Bondsville, MA has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.  
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.  
4/23/2020

**LEGAL NOTICE**  
In accordance with the provisions of the Massachusetts General Law 105A, for the purpose of satisfying the liens of LaBonte Self Storage, in order to satisfy past due rents and other expenses, the stored goods of the following named people, including household items will be sold at public lien sale at **9:00 AM on May 01, 2020**, on the premises of **LaBonte Self Storage, 250 Wilbraham Street, Palmer, MA :**  
Angelica Roman  
1558 North Main Street  
Palmer, MA 01069  
4/16, 4/23/2020

**PALMER FIRE DISTRICT NUMBER ONE AND PALMER WATER DISTRICT NUMBER ONE ANNUAL FIRE DISTRICT MEETING WARRANT**  
**COMMONWEALTH OF MASSACHUSETTS**  
**Hampden, ss. Town of Palmer**  
TO: William K. Cole, Clerk of Palmer Fire District Number One and Palmer Water District Number One.

In the name of the Commonwealth of Massachusetts, you are hereby required to notify and warn all the qualified voters of Palmer Fire District Number One and Palmer Water District Number One to meet in the Palmer Public Library, N. Main Street, in Depot Village, of said Palmer, on **Tuesday, the 12th day of May, 2020 at seven o'clock** in the evening, to act on the following Articles:  
**ARTICLE 1.** To choose a moderator to preside at the meeting.  
**ARTICLE 2.** To choose by ballot the following officers:  
For a term of one (1) year:  
One (1) Auditor  
For a term of three (3) years:  
One (1) Member of the Prudential Committee  
One (1) Water Commissioner  
**ARTICLE 3.** To hear and act on reports of district officers and committees.

**ARTICLE 4.** To see if the District will vote to raise and appropriate such sums of money as may be deemed necessary to pay the salaries expenses and operating expenses for the Fire Department for the fiscal year commencing on July 1, 2020, or take any other action relative thereto.  
**ARTICLE 5.** To see if the District will vote to raise and appropriate such sums of money as may be deemed necessary to pay the salaries expenses and operating expenses for the District Treasurer, District Clerk, Tax Collector, Assessors and Auditor for fiscal year commencing on July 1, 2020, or take any other action relative thereto.  
**ARTICLE 6.** To see if the District will vote to empower the Water Department, through the use of its receipts and revenues, to expend funds to defray the expenses for the fiscal year commencing July 1, 2020, or take any other action relative thereto.  
**ARTICLE 7.** To see if the District will vote to transfer any sums of money from Free Cash to reduce the tax levy for the fiscal year commencing on July 1, 2020, or take any other action relative thereto  
**ARTICLE 8.** To see if the District will vote to authorize the Treasurer, with the approval of the Prudential Committee, to borrow money from time to time in anticipation of the revenue for the fiscal year commencing on July 1, 2020, in accordance with Massachusetts General Laws, Chapter 44, Section 4, and acts in amendment thereof, or take any other action relative thereto  
**ARTICLE 9.** To see if the District will vote to raise and appropriate or otherwise provide a sum of money to a Reserve Fund-Fire Account for the fiscal year commencing on July 1, 2020, or take any other action relative thereto

**ARTICLE 10.** To see if the District will vote to establish a Reserve Fund-Water Account and to appropriate from water receipts a sum of money to the Reserve Fund-Water Account in accordance with Section 5C of Chapter 40 of the Massachusetts General Laws, or take any other action relative thereto.  
**ARTICLE 11.** To see if the District will vote to raise and appropriate, or otherwise provide a sum of money to the Stabilization Fund Account or take any other action relative thereto.  
**ARTICLE 12.** To see if the District will vote to appropriate from free cash a sum of money to repay an obligation to Farmer's Home Administration for the remodeling of the Fire Station, or take any other action relative thereto  
**ARTICLE 13.** To see if the District will vote to raise and appropriate or otherwise provide a sum of money to purchase a Hurst Portable Extrication Spreader Tool, or take any other action relative thereto  
**ARTICLE 14.** To see if the District will vote to raise and appropriate or otherwise provide a sum of money to purchase six (6) sets Firefighter Turnout Gear, or take any other action relative thereto  
**ARTICLE 15.** To see if the District will vote to authorize the Board of Water Commissioners to expend from Water Department receipts a sum of money to be used to purchase a File Server, or take any other action relative thereto.  
**ARTICLE 16.** To see if the District will vote to authorize the Board of Water Commissioners to expend from Water Department receipts a sum of money to be used for a state required Dam inspection, or take any other action relative thereto.  
**ARTICLE 17.** To choose committees and give them instructions.  
And you are hereby directed to serve this warrant by posting attested copies thereof and publishing an attested copy thereof in one issue of The Journal Register, a newspaper published in said Palmer, the publication to be not less than seven days before the holding of said meeting, said postings to be fourteen (14) days at least before the time of holding said meeting, at the offices of Palmer Fire District Number One and Palmer Water District Number One, Walnut Street, and at the Palmer Town Administration Building, all in said Palmer.  
Hereof fail not and make due return of this warrant, with your doing thereon, before the holding of said meeting.  
Given under our hands this 17th day of April, 2020.  
PRUDENTIAL COMMITTEE OF PALMER FIRE DISTRICT NUMBER ONE AND PALMER WATER DISTRICT NUMBER ONE  
Charles F Abbate, Chairman  
Daniel Belanger  
James L. St. Amand

A True copy,  
ATTEST:  
**William K. Cole**  
Clerk  
4/23/2020

Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.

## BUSINESS

Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Journal Register, please email [dfarmer@turley.com](mailto:dfarmer@turley.com).







## Elise Hanks-Witaszek Recognized as LVC Student Athlete

Elise Hanks-Witaszek of Brimfield, Mass., is one of more than 130 student-athletes who competed for the Flying Dutchmen during the shortened spring 2020 season. Hanks-Witaszek, a graduate of Tantasqua Regional High School, bachelor of science in actuarial science at The Valley.

Hanks-Witaszek was a member of the women's tennis team. The women finished the spring with a 1-2 record, ending the season with a 9-0 sweep at home against Cabrini. Nicole Honrade earned MAC Commonwealth Women's Player of the Week honors in the final week of the year.

A member of the National Collegiate Athletic Association (NCAA) Division III, American Collegiate Hockey Association (ACHA), Eastern College Athletic Conference (ECAC), and Middle Atlantic Conference (MAC), Lebanon Valley College offers 26 sports.

More information about LVC Athletics is available at [godutchmen.com](http://godutchmen.com).

### About Lebanon Valley College

Lebanon Valley College offers bachelor's degrees in the arts and humanities, business and communications, education, health professions, social sciences and psychology, and science, technology, engineering, and math. Advanced health professions degrees include master of athletic training, master of clinical mental health counseling, master of science in exercise science (three tracks), master of speech-language pathology, and a doctor of physical therapy.

Online and graduate programs include an MBA with six concentrations and a general option offered on-campus or partially or fully online, a Master of STEM Education, an Integrative STEM Education Certificate, a Master in Music Education, and a Modern Band Certificate. In 2018 and 2019, the College was listed as #1 in Pennsylvania (and #1 and #4 overall, respectively) for graduate job placement by the career guidance site Zippia.com, using federal data.

## HCC plans 'epic celebrations' for class of 2020

HOLYOKE — In lieu of its traditional spring commencement ceremony at the Mass Mutual Center, Holyoke Community will instead recognize the class of 2020 with a virtual celebration in August and also invite graduates to walk across the stage next year with the class of 2021.

"Every year, one of my most anticipated moments is Commencement," President Christina Royal said in an email communication to students Friday. "As a first-generation college student, I remember how significant Commencement was for my family and me. I take great pride in joining you and your families in celebrating your achievements, and in shaking each of your hands as you walk across the stage. But as we have all seen, the rapid spread of COVID-19 has changed nearly everything. It's no surprise that we will not be able to host this event in person on May 30."

We must balance our desire to celebrate your academic achievements in all the ways you were expecting with the need to keep our community healthy, which continues to be our highest priority," she said.

The new plan is for HCC to hold a virtual celebration in August, complete with special remarks, honors and recognition of graduates. Each member of the class of 2020 will receive a special surprise package in the mail during the summer and be invited to host their own celebrations to share through videos and photos using the hashtag #HolyokeCC20.

The exact date for the virtual celebration has not yet been determined.

Also, Royal said, "The class of 2020 will have a traditional Commencement in May 2021, where we will celebrate each of you, in person with your loved ones present, along with the class of 2021, on what will be a truly historic day."

Your perseverance toward graduation in these unprecedented times deserves to be celebrated in every way possible," she said. "On behalf of your faculty and the entire HCC community, I applaud you for your strength and resilience, and will look forward to seeing you virtually in August and at the Mass Mutual Center in May 2021. What epic celebrations these will be!"

## HCC, Westfield State pair up for housing program

REGION — Holyoke Community College and Westfield State University are partners in a state-sponsored pilot program that provides free campus housing and meal plans to students struggling with homelessness and food insecurity.

Westfield and HCC were the sixth college team chosen for the Massachusetts Department of Higher Education's Campus Housing Security Pilot program, which matches a public university with a nearby community college to offer free room and board for up to five students.

Beginning with the spring 2020 semester, two first-year students from HCC, as well as a senior, junior, and sophomore from Westfield State, have been living in a dormitory on the Westfield campus with full campus meal plans. The program also provides for free public transportation from Westfield to Holyoke, as well as case management services and other resources through the Shine Young Adult Housing Program in Springfield.

Although the arrangements have been complicated since the coronavirus outbreak, the governor's stay-at-home advisory and the transition to remote instruction at both colleges, the students remain housed on the Westfield campus.

The program started last year with the pairing of Bridgewater State University and Massasoit Community College; Framingham State University and MassBay Community College; Worcester State University and Quinsigamond Community College; and UMass Lowell and Middlesex Community College.

This year two more college teams were added: Salem State Uni-

versity and North Shore Community College; and Westfield State and HCC.

"An unfortunate byproduct of growing income inequality in Massachusetts is the rise of hunger and homelessness among our students," said Carlos Santiago, commissioner of Higher Education. "I am thrilled to see the expansion of our pilot program to serve this vulnerable population and commend our campus leaders for committing resources to fund meal plans and offer academic supports that will increase the likelihood that these students succeed in earning college credentials."

The goal of the program is to help struggling students gain stability in their lives so they can complete their college degrees and make a successful transition to permanent housing and meaningful careers.

"A lot of people are surprised to hear that housing insecurity and homelessness are a reality on many college campuses," said HCC president, Christina Royal. "In order for our students to succeed academically, we must address some of the challenges they face with their basic needs. This partnership with Westfield will provide stability for these students so they can focus on their studies."

The state is providing \$48,000 per regional campus team to cover the cost for five beds in a university residence hall, with additional block grant funding from the Dept. of Higher Education to cover any remaining housing costs.

Each participating institution covers the cost of its own students' meal plans, which for the two HCC students is being paid by the HCC

Foundation, the college's nonprofit fundraising corporation. The five students will also continue to live on the Westfield campus during vacation breaks and summer months. To be eligible for the program, they must be enrolled full time and be in good academic standing.

"We are proud to help address an increasing societal issue by assisting some students with housing and meals on campus through this thoughtful, state-initiated program," said Gloria Lopez, vice president for Student Affairs at Westfield State. "We are fortunate and pleased that we are able to accommodate these students, as we eagerly welcome them to our supportive learning environment and inclusive campus community."

According to the Dept. of Higher Education, Massachusetts is the first state to address these issues as a matter of intentional, state-level public policy, thanks to a unique partnership among three state agencies: the DHE, the Department of Housing and Community Development (DHCD) and the Executive Office of Health and Human Services (EOHHS). Through its Commission on Unaccompanied Homeless Youth, EOHHS is funding the annual stipends to cover the cost of dorm housing for up to five community college and state university students at six residential campuses.

A seventh pilot program, launched in fall 2019, provides off-campus, single-room occupancy for up to 11 homeless students attending public colleges and universities within the city of Boston.

We thought we would give you a quick update. First, we are happy to re-introduce weekly sales. We are cautiously optimistic that the market will slowly return back to its pre-Corona days. Until then our frozen items are proving to be the best value. We encourage you to give these items a try!

Second, we have posted throughout the store, on our website and on Facebook our health and safety rules. We kindly ask that you adhere to these in order to protect our customers and hard working staff. If you don't have access to or forgot your gloves no worries here! We are providing a pair of free gloves to each shopper as they enter the store. We are all in this together! Be well and stay safe!

**Your Family at 90 Meat Outlet**

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IT'S SOUP TIME		USDA INSP. FROZEN STEAKS	
USDA INSP. FROZEN PIGS FEET .....	\$1.69 lb	USDA INSP. FROZEN BEEF TOP SIRLOIN	\$4.44 lb
USDA INSP. FROZEN CHICKEN FEET .....	\$1.99 lb	USDA INSP. FROZEN SPOON ROAST or STEAKS	\$4.44 lb
USDA INSP. FROZEN BEEF FEET .....	\$1.99 lb		

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SALE DATES: 4/23/20 - 4/29/20

Mon. - Wed. 8-4  
Thurs. 8-6 • Fri. 8-6 • Sat. 8-3

*Adventure tours of warren*  
Share the Adventure with us!

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guided by travel

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Thinking to the future, we're busy making back-up plans for many of our 2020 tours. Give us a call if you have questions.

July 11 ..... Cape Cod Canal Cruise ..... \$99  
July 18 ..... Block Island ..... \$89  
Nov 28 ..... New York for a Day ..... \$89  
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May 28 '21 ... 7-Night Bermuda Cruise ..from.. \$1399

Share the Adventure with us soon!  
For further information call Randall at (413) 436-5357 or email [adventuretours@att.net](mailto:adventuretours@att.net) or go to [www.adventuretoursofwarren.com](http://www.adventuretoursofwarren.com)

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**NOTICE**

ERRORS: Each advertiser is requested to check their advertisement the first time it appears. This paper will not be responsible for more than one corrected insertion, nor will be liable for any error in an advertisement to a greater extent than the cost of the space occupied by the item in the advertisement.

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